BETTER SKIN NUTRITION FOR 2009, PG 14

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TORONTO • TUESDAY JANUARY 6 2009 metronews.ca

Celebrity Pg 28

Baby on the way for Kate?

Election donations scrutinized

BYLAW Toronto could soon become the first city in Ontario to ban corporate and union donations to municipal election campaigns.

The executive committee voted 7-4 yesterday to ask for a draft bylaw outlawing such donations, permitting only contributions from individuals. City council would make the final decision in the fall.

Coun. Michael Walker, who pushed for the ban along with councillors Cliff Jenkins and Chin Lee, said it will result in more transparency in municipal government.

"We want to have the confidence in our elected representatives that they will go out and get donations from individuals. It's hard work. They won't take the easy donations," Jenkins said.

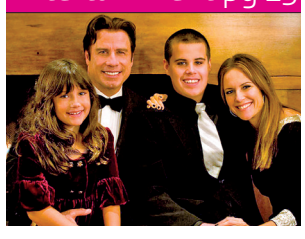
In 2003, corporate donations represented 21.6 per cent of contributions. By 2006, the figure had dropped to 12.4 per cent.

TORSTAR NEWS SERVICE

Local pg 2

Mourners bid farewell to Sanderson

Entertainment pg 23



Seizure killed Jett Travolta

Take Five pg 30

See Metro's daily recipe

ShareYourViews
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World juniors **Canada's Golden Age**

TOM HANSON/THE CANADIAN PRESS

Team Canada poses for a photo last night after defeating Team Sweden 5-1 to win its fifth straight championship at the world junior hockey championship in Ottawa. More coverage, page 11.

Civilian casualties mount in Gaza

Israel to continue offensive until 'peace, tranquility' achieved

Israel ignored mounting international calls for a ceasefire in the Gaza Strip yesterday and said it won't stop its crippling 10-day assault until "peace and tranquility" are achieved in southern Israeli towns in the line of Palestinian rocket fire.

Israeli forces seized control of high-rise buildings and attacked smuggling tunnels and several mosques in a campaign against Hamas militants that took an increasing toll on civilians. Three young brothers were reported killed during shelling. Palestinian wounded filled hospital corridors.

Three Israeli soldiers were killed last night when an errant tank shell hit their position outside Gaza City, the Israeli military said, and 24 were wounded, one critically and three seriously. The military said suspicions the building was booby-trapped by Hamas were ruled out.

The incident brought the death toll among Israeli soldiers since the invasion began Saturday to four.

Israel Radio reported a senior officer, Col. Avi Peled, who commands the Golani infantry brigade, was among the lightly wounded.

Heavy Israeli casualties could undermine what has so far been overwhelming public support for the operation.

Arab delegates met with the UN Security Council in New York City yesterday, urging members to adopt a resolution calling for an immediate end to the Israeli attacks and a permanent ceasefire. At the same time, diplomats and European leaders travelled the region in an effort to stop Israel's expanding ground and air offensive.

Military spokesman Brig.-Gen. Avi Benayahu told Israeli TV the assault is going according to plan.

THE ASSOCIATED PRESS

Body count

- Gaza health officials reported more than 550 Palestinians dead and about 2,500 wounded since Israel began the campaign, including 200 civilians.
- UN humanitarian chief John Holmes told reporters in New York yesterday that UN officials believe at least 500 people have been killed in the fighting and as many as 25 per cent are civilians.

Israeli Foreign Minister Tzipi Livni speaks about the Mideast conflict at metronews.ca/world

Woman found dead in vehicle

A regular on Toronto's nightclub circuit, Evelyn Alfaro Mendez was last seen leaving home Sunday evening, headed for a downtown bar.

How the 34-year-old Mississauga mother ended up dead, shot behind the wheel of her SUV on a tranquil North York street that night is mystifying Toronto police, who called her death "suspicious."

The engine of the SUV was idling and the headlights were on when her body was discovered.

"We don't know how she ended up there," homicide Det. Sgt. Terry Browne said yesterday. "We're in the early stages of investigation."

Alfaro Mendez, originally from El Salvador, had an eight-year-old son named Jose, relatives said.

She left her Mississauga home around 7:30 p.m. Sunday, said police, who are trying to determine how she spent the next two hours.

No gun was found in the SUV, but residents of Talwood Drive, near Lawrence Avenue East and Leslie Street, said they heard gunshots some time after 9:30 p.m.

Detectives are hoping an autopsy this morning will help illuminate what happened.

TORSTAR NEWS SERVICE

Idling

- Several area residents noticed the SUV idling for what seemed like a long time Sunday night. One resident walking her dog strode past the vehicle and, thinking it "creepy," pulled her hood above her head without peeking inside. Another resident called police around 10:15 p.m. They arrived close to midnight.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

First prison sentence under street racing law
A Toronto man involved in a crash that injured five people has become the first person to be sentenced to prison under Ontario's new street racing legislation. Aamir Khan, 22, was sentenced to 235 days in custody for the April incident. TORSTAR NEWS SERVICE

Local

Snow plows turn to bike lanes

Toronto's plows are going to be a little busier this year. "We're trying to clear the on-street bike lanes a little more diligently, starting this year and proceeding into the future," said Peter Noehammer, director of transportation services. The move is part of the city's bolstered bike plan, which calls for 495 kilometres of bike lanes by 2012.
TORSTAR NEWS SERVICE

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Tomorrow's Metro

Automotive

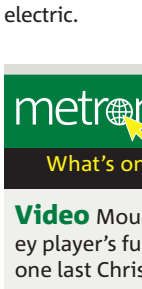
Columnist Michael Goetz plugs in the crystal ball and finds out if the future is electric.

metronews.ca

What's online today.

Video Mourners at hockey player's funeral sing him one last Christmas carol at **metronews.ca/canada**

Analysis Nanotechnology is changing the way we live and introducing new fears at **metronews.ca/canada**



Blog Political Stripes asks if MPs are earning those fat paycheques at **metronews.ca**

Lotteries

Ontario Pick 3: 8 5 8; **Ontario Pick 4:** 6 3 4 7
Encore: 6201086; **Daily Keno:** 2, 5, 8, 9, 18, 21, 23, 24, 30, 32, 33, 35, 43, 47, 50, 51, 57, 60, 61, 66. These results are not official.

Hockey hero mourned

Cherry among hundreds at Sanderson's funeral

Hundreds of mourners, many clad in Whitby Dunlops jerseys, packed into a Port Perry church yesterday morning to say a final goodbye to hockey player and hometown hero Don Sanderson.

Many, including hockey commentator Don Cherry, were forced to stand at the back of the church for the emotional hour-long ceremony because the pews had filled up nearly an hour before the service began.

"I love him so much, he was my world," Sanderson's mother, Donna, said in a statement read by pastor Peter Lackmanec. In a similar message, Sanderson's father, Michael, called his son his "best friend."

Friends remembered the 21-year-old player's passion for sport and his devotion to the people he loved.

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Parents Michael and Donna attend the funeral for Whitby Dunlops defenceman Don Sanderson in Port Perry. Sanderson died last week from injuries sustained in a hockey fight.

Sanderson, a defenceman for the Ontario Hockey Association's Whitby Dunlops, died Friday, three weeks after going into a coma following a fight with Corey Fulton of the Brantford Blast during a Dec. 12 game at the Brantford Civic Centre.

Lackmanec deemed Sanderson's death an accident, "not a tragedy."

The crowd sang verses of Silent Night in Sanderson's honour — his favourite Christmas carol, Lackmanec said. The defenceman loved Christmas more than any other time of year, he said.

> **"I love him so much, he was my world."**
> Mother Donna

Outside the chapel, Cherry, who had offered condolences to Sanderson's parents during Saturday night's Hockey Night In Canada broadcast, said the public's reaction "shows how much he was loved."

"It's a tough deal. His mom and dad are strong people."

Police in Brantford have opened an investigation into Sanderson's death.

TORSTAR NEWS SERVICE

Grandmom allowed to stay, help out family

A 79-year-old Sri Lankan grandmother won an 11th-hour reprieve from deportation so she can continue to help her daughter and family devastated by the murder of her 16-year-old grandson in Brampton.

"Mrs. Watte-Liyanage has been so important for the emotional welfare of her Canadian family, holding them together as they grieve the tragic death of her grandson," said Alykhan Velshi, a spokesperson for Immigration Minister Jason Kenney.

Trial
- Four young men charged with first-degree murder in Badhanage's death will stand trial in May.

"I can only imagine the stress and heartbreak it would cause for her to return home while her permanent residency application is processed. In light of these extraordinary circumstances, the minister is issuing a temporary resident permit, which will allow her to remain in Canada while her ... application is being processed."

Upendra Perera Watte-Liyanage came to Canada on a temporary visa shortly after her grandson, Akila Geegana Badhanage, an honour student and athlete at North Park Secondary School, was swarmed and stabbed to death Sept. 28, 2007.

TORSTAR NEWS SERVICE

Talks continue as York reopens

STRIKE Talks were to continue today between York University and its striking staff as 50,000 undergraduates are left to worry about the fate of their school year.

The school reopened its campus yesterday after the winter break with no sign when classes might start and a new protest outside university president Mamdouh Shoukri's office.

The 25 students and strikers at the sit-in are demanding Shoukri host a forum this week with the Canadian Union of Public Employees 3903 to answer students' questions.

TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE

York University teaching assistant Ben Nelson, front, joins a group of students and teaching assistants at a sit-in protest in front of the university president's office yesterday afternoon.

Jackson's e-mails spied on: Report

VAUGHAN A former senior commissioner ordered Vaughan's chief information officer to snoop on Mayor Linda Jackson's e-mails without her knowledge, a newly released forensic review shows. The city-ordered review looked into how a batch of then-councillor Jackson's e-mails famously landed on mayoral rival Michael Di Biase's doorstep during the hotly contested 2006 election. The "stolen" e-mails included discussions between Jackson and a York Region police officer concerning questions raised by a former employee in his wrongful dismissal lawsuit.

TORSTAR NEWS SERVICE

News in brief

INQUEST A coroner's inquest will investigate the death of a man killed by a York Regional Police officer more than three years ago. Jeffrey Black, 18, was fleeing police responding to a break-in alarm in Markham on Oct. 18, 2005, when he was shot. The inquest begins Jan. 26.

CHARGED A 64-year-old man has been charged with assault and sexual assault after allegedly kissing a six-year-old on the mouth and cheek at a Burlington grocery store.

TORSTAR NEWS SERVICE

Councillors question levy

Toronto's new land transfer tax may have met its revised revenue target of $155 million in 2008, but Mayor David Miller is staying mum on whether the tax, touted as an answer to the city's budget woes, will even come close to doing the job this year.

Yesterday, Miller told opposition Coun. Michael Thompson, pressing for answers on whether the tax will yield the hoped-for $240 million amid a deteriorating economy, to wait for new projections coming Feb. 10.

Balancing budget
- Miller is counting on the land transfer tax to help balance the operating budget, expected to come in at about $8.5 billion for 2009.

Thompson told the Toronto Star he fears the tax may be slowing the housing market and hurting sales of furniture and appliances.

He thinks the city should scrap it and seek the province's permission for a one per cent city sales tax, which could bring in $400 million or more a year.

"We are facing a crisis like we have never faced, certainly in our elected lifetime," Coun. Joe Mihevc told the committee.

TORSTAR NEWS SERVICE

GTA man running for Somali office

PUNTLAND A Mississauga man running for president of Puntland, an Islamic state within Somalia at the Horn of Africa, promises to end piracy against international shipping by creating jobs. Adam Esse, who also served as a Michael Ignatieff delegate at the last Liberal convention, said pirates would rather fish or do other work, rather than raiding ships and holding them for ransom. Puntland is an arid semi-autonomous northern state occupying one-third of Somalia, a country with no effective national government. Election day is Thursday.

TORSTAR NEWS SERVICE

Heavy snow, record temperatures in parts of B.C.
December saw nearly double the usual amount of snowfall and set records for its winter chill in parts of southeastern B.C. While the 114.4 centimetres of snow that fell in the city of Trail didn't challenge the record 169.5 cm from December 1996, it was 2.7 degrees colder than normal and the coldest mean December temperature since 1990. THE CANADIAN PRESS

Canada

Job losses expected to mount

Economists are expecting another large dose of job losses and a sharp rise in the unemployment rate when the numbers for December are released on Friday. Many are predicting Canada will have lost another 20,000 to 30,000 net jobs in the final month of the year, following the outsized 71,000 contraction in November. THE CANADIAN PRESS

Flaherty, banks talk

Minister assured about access to credit

Canada's banks say they are lending to creditworthy borrowers amid perceptions that they are butting heads with Finance Minister Jim Flaherty over the availability of loans to businesses and individuals.

The federal minister and senior bankers conferred privately yesterday, while cries grew for the government to do something to make credit easier to get.

The meeting was "productive" and "many of the economic challenges facing the country were discussed," Nancy Hughes Anthony, president of the Canadian Bankers Association, said in the only public statement after the lengthy session, which was also attended by Bank of Canada governor Mark Carney.

"We assured the minister that the banks are committed to doing what they can to help Canada weather the recession and that they will continue to lend to creditworthy individuals," Hughes Anthony stated.

The minister said just before Christmas that he is "hearing across Canada concerns about access to credit" and bank loan practices are "a major issue going into 2009."

THE CANADIAN PRESS

No comment

- Flaherty didn't speak with reporters but is scheduled to meet the media today in Montreal. The bank CEOs who met with him yesterday also avoided commenting directly.

Tech funds **Much to smile about**

FRANK GUNN/THE CANADIAN PRESS

Ontario Premier Dalton McGuinty smiles after announcing funding to eight technology firms in Toronto yesterday. The companies, six of which are Toronto- based, will receive $500,000 each to speed their products to market.

Israel prevents Canadians' exit

MIDEAST Israeli authorities have temporarily prevented three dozen Canadians from escaping the warfare in the Middle East, citing security concerns. Canada's foreign affairs department had planned to help 36 Canadians leave Gaza yesterday, but the move was cancelled by the Israeli Defence Force, which controls the movement of people in and out of the territory. There are 58 Canadians in Gaza registered with Canadian consular authorities.

THE CANADIAN PRESS

Woman charged in alleged suicide pact

A Quebec woman was formally charged yesterday with first-degree murder in the deaths of her three children.

Cathie Gauthier-Lachance, 36, who is recovering from self-inflicted knife wounds, was also charged with helping her husband commit suicide.

She was arraigned by telephone in her hospital bed in Saguenay.

Her husband Marc Laliberte, 46, and the couple's three children — 12-year-old Joelle, seven-year-old Marc-Ange and four-year-old Louis-Philippe — were found dead early Friday in the family bungalow about 250 kilometres north of Quebec City.

Quebec provincial police allege the couple agreed to a suicide pact.

THE CANADIAN PRESS

News in brief

TORIES Ontario Progressive Conservatives will consider amending their constitution to force their party leader to have a seat in the legislature. In a move apparently designed to embarrass leader John Tory, who has been without a seat since the 2007 provincial election, the party will debate the change at a convention in Niagara Falls next month. TORSTAR NEWS SERVICE

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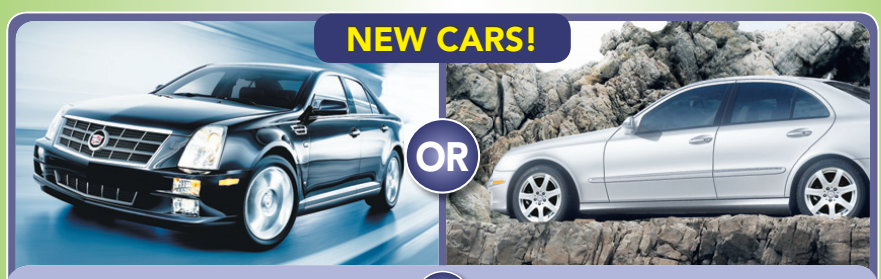

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4 canada

EnCana pipelines targeted again
EnCana's natural gas infrastructure in northern B.C. was the target of a fourth explosion Sunday. THE CANADIAN PRESS

Plea from charities

Tax breaks urged as economy hurts donations

Canadian charities hammered by the economic downturn are urging the federal government to create incentives in the upcoming budget to encourage rich donors to give more during tough times.

In an open letter to Prime Minister Stephen Harper and Finance Minister Jim Flaherty published in newspapers yesterday, universities, hospitals, social service agencies and arts foundations pleaded for philanthropic tax breaks they say could result in huge influxes of cash for charitable foundations that are watching their endowment funds founder.

"Donations are not at the same level they were a year or two years ago and we don't know what 2009 will bring," said Monica Patten, president of Community Foundations of Canada, a network of 165 local charitable foundations across the country.

"We're trying to request that the government improve tax benefits for Canadians so that they can increase their giving."

TORSTAR NEWS SERVICE

Sudbury **Funeral for soldier**

GINO DONATO/THE CANADIAN PRESS

The casket of Warrant Officer Gaetan Roberge is carried into St. Jean de Brebeuf Church in Sudbury yesterday. Roberge was killed Dec. 27 last year in Afghanistan.

McGuinty weighs in on auto bailout

PREMIER Billions of taxpayer dollars aimed at bailing out struggling automakers will likely be used to "keep the lights on" rather than directly transform the companies into more innovative businesses, Ontario Premier Dalton McGuinty acknowledged yesterday. The federal and provincial governments are providing up to $4 billion in emergency loans to General Motors and Chrysler to help stave off bankruptcy, and have vowed to attach major strings to the deal.

THE CANADIAN PRESS

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Bush family cat dies

The first family leaving the White House this month will be without one of its longtime members: The Bush family's 18-year-old cat has died. The first lady's office said yesterday that India, a black American shorthair named for former Texas Rangers player Ruben 'El Indio' Sierra, died Sunday at the White House. THE ASSOCIATED PRESS

World

Panetta to helm CIA: Report

Two U.S. Democratic officials say president-elect Barack Obama has chosen former Bill Clinton White House chief of staff Leon Panetta, left, to run the CIA. Panetta was a surprise pick for the post, with no experience in the intelligence world. An Obama transition official and another Democrat disclosed his nomination on a condition of anonymity since it was not yet public. THE ASSOCIATED PRESS

New address for Obamas

U.S. president-elect Barack Obama and his family are now full-fledged D.C. residents, moving into a grand downtown hotel over the weekend so Sasha and Malia Obama could start their first day at an elite private school once attended by Chelsea Clinton.

Crowds of onlookers have been lining the streets outside the ornate Hay-Adams Hotel — a historical D.C. power-broker hot spot that was once the site of secret meetings to solicit contributions for the Iran-Contra operation — hoping to catch a glimpse of the would-be first family. Michelle Obama and her daughters arrived there Saturday night from Chicago, with the president-elect joining them Sunday night.

Obama's first day in Washington in weeks — he last came to town six days after the election to visit the Bushes in the White House — was spent trying to build support in Congress for his financial stimulus package with its current price tag of almost $800 billion US.

THE ASSOCIATED PRESS

Teary goodbye

- Obama said he became emotional when he departed his Chicago home on Sunday. "I choked up a little bit leaving my house," he told reporters.

Politics **Name withdrawn**

CRAIG FRITZ/THE ASSOCIATED PRESS

New Mexico Gov. Bill Richardson is withdrawing his nomination to be U.S. president-elect Barack Obama's commerce secretary amid a grand jury investigation into how some of his political donors won a lucrative state contract.

Prosecutors get more time in case against Illinois governor

EXTENSION A U.S. federal judge yesterday gave prosecutors an additional three months to obtain a corruption indictment against Gov. Rod Blagojevich, saying the complexity of the case against him makes it "unreasonable" to expect the indictment sooner.

Chief Judge James F. Holderman's decision to grant the extension was expected, came without any opposition from defence lawyers and didn't indicate any slowdown in the government's corruption investigation of Blagojevich and his administration.

Blagojevich, 52, is charged in a federal criminal complaint filed last month with an array of offences, including a plot to sell or trade the U.S. Senate seat vacated by Barack Obama following his election as president.

THE ASSOCIATED PRESS

News in brief

INTERNET China launched a major crackdown on Internet pornography yesterday, targeting popular online portals and major search engines such as Google. Seven government agencies will work together on the campaign to "purify the Internet's cultural environment and protect the healthy development of minors," said a statement by the information office of the State Council, China's cabinet. Pornography is banned in China, though the government's Internet police struggle to block websites based abroad.

THE ASSOCIATED PRESS

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Former Jimmy Carter attorney general dies
Former U.S. president Jimmy Carter's attorney general, Griffin Bell, has died in an Atlanta hospital. He was 90. Carter's choice of Bell, a longtime friend, as attorney general was considered the most controversial of his cabinet picks after the 1976 election. THE ASSOCIATED PRESS

U.S. unveils Iraq embassy

The United States inaugurated its largest embassy ever yesterday, a $700-million US fortress-like compound in the heart of the Green Zone — and the most visible sign of what U.S. officials call a new chapter in relations between America and a more sovereign Iraq.

U.S. marines raised the American flag over the adobe-coloured buildings, which sit on a 42-hectare site and has space for 1,000 employees — more than 10 times the size of any other American Embassy in the world.

"Iraq is in a new era and so is the Iraqi-U.S. relationship," Ambassador Ryan Crocker proclaimed.

In perhaps an unintended sign of the new relationship, Iraq Prime Minister Nouri al-Maliki did not attend yesterday's ceremony because he was travelling in Iran, a country the U.S. has accused of aiding and arming Iraqi militants.

Explaining the opening of such a large embassy three years before the U.S. must finish withdrawing its 146,000 troops from Iraq, Crocker told The Associated Press it is vital for the U.S. to remain involved in non-military ways.

"I think we have seen a tremendous amount of progress," Crocker said before the ceremony, "but the development of this new Iraq is going to be a very long time in the making, and we need to be engaged here."

Crocker said Baghdad was looking to the West for the first time since the army's 1958 revolution that toppled Iraq's monarchy and set the stage for the ascendance of the Baath party, which dominated Iraq until the 2003 invasion.

THE ASSOCIATED PRESS

New embassy in Iraq
On Monday, the U.S. opened its largest embassy to date in Baghdad.

SOURCES: GeoEye; ESRI AP

Prosecutor wants financier Madoff jailed without bail

COURT A prosecutor says disgraced financier Bernard Madoff violated bail conditions by mailing about $1 million US worth of jewelry and other assets to relatives. The prosecutor wants him jailed without bail.

Assistant U.S. Attorney Marc Litt made the request to revoke Madoff's bail at a hearing in federal court yesterday. Madoff has been under house arrest.

There was no immediate decision on the government's request.

Madoff's lawyer, Ira Sorkin, described the items as heirlooms that included cufflinks and antique watches. Sorkin said they were not significant assets.

THE ASSOCIATED PRESS

Couple shot, kids left on their own

CRIME A couple who hadn't been seen since New Year's Eve have been found dead inside their locked bedroom in Madras, Ore.

Their crying nine-month-old daughter and three older children had been left out on their own.

The bodies of Hannah Crowe and Julian Wallulatum were discovered Saturday after the older children — the eldest an eight-year-old girl — asked a neighbour to help.

Crowe, 26, and Wallulatum, 21, had both been shot, police said.

THE ASSOCIATED PRESS

News in brief

EVIDENCE India gave Pakistan the most detailed evidence yet that it says ties the militants who attacked Mumbai to elements in Pakistan — responding yesterday to weeks of demands from Islamabad for proof the siege was launched from across the border. The evidence handed to the Pakistani High Commissioner in New Delhi yesterday included material from the interrogation of the lone surviving gunman, details of conversations between the gunmen and their alleged handlers in Pakistan, recovered weapons, and data from satellite phones, according to a statement from India's Foreign Ministry.

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NEW TRIPS FOR THE NEW YEAR

STARTING MONDAY, JANUARY 5, 2009, THERE WILL BE CHANGES TO SOME GO TRAIN AND BUS SERVICES.

01 – LAKESHORE WEST
GO TRAIN & BUS SERVICES

A new weekday westbound train trip will depart Union Station at 3:15 p.m., run express to Clarkson arriving at 3:36, then serve Oakville at 3:44, Bronte at 3:50, Appleby at 3:56, and Burlington at 4:03 p.m.

A connecting bus trip will depart Burlington at 4:08 p.m., serve Aldershot at 4:18, Main and Longwood at 4:28, and Hamilton GO Centre at 4:38 p.m.

The weekday 7:58 a.m. eastbound train from Oakville will now originate at Aldershot departing at 7:32 a.m., then serve Burlington at 7:38, Appleby at 7:45, Bronte at 7:51, and run express from Oakville arriving at Union Station at 8:25 a.m. This train will now have 12 coaches to help meet increased passenger demand.

The weekday 3:54 p.m. eastbound train from Aldershot will now depart at 4:08 and arrive at Union Station at 5:12 p.m. Times will be 14 minutes later at all stops along the route and on connecting bus trips.

93 – DURHAM COLLEGE/UOIT
GO BUS SERVICE

A new weekday eastbound trip will depart Scarborough Town Centre at 9:40 a.m. and arrive at Durham College at 10:20 a.m.

09 – LAKESHORE EAST
GO TRAIN & BUS SERVICES

A new weekday eastbound train trip will depart Union Station at 5:10 p.m., run express to Pickering arriving at 5:35, then serve Ajax at 5:40, Whitby at 5:48 and Oshawa at 5:55 p.m. Connecting bus trips to Bowmanville and Newcastle are available.

The weekday 5:13 p.m. eastbound train from Union will now depart at 5:20 p.m. and times will be 7 minutes later at all stops along the route.

A new weekday eastbound bus trip will depart Oshawa GO Station at 6:19 p.m., make all regular stops, and arrive in Newcastle at 7:13 p.m.

20 – MILTON – BRONTE
GO BUS SERVICE

The weekday southbound trip that departs Milton GO Station at 3:30 p.m. will now depart at 3:45 to connect with the adjusted eastbound train departing Bronte at 4:25 p.m.

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Comment & Views

Comment

Back to the starting point

NationalReport

Lawrence Martin

"The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals."

Fair to say that a decade or two ago we didn't care much about Afghanistan. Just another Third World basket case. Let the ethnic tribes there bloody one another up. Let superpowers try to harness it.

Then a couple things happened. The Taliban got singled out as being exporters of terrorism and as running a government even more medieval than other tribes. We had a general, the popular Rick Hillier, who was gung-ho on getting Canada back on war footing. We figured we owed the Americans something because we hadn't joined them in Iraq and hadn't agreed to their missile-defence program. So we sent troops to the Afghan hot zone of Kandahar.

The usual right-left debate ensued with one side rah rah on war and the other dubious. No foreign invader, many argued, had ever brought Afghanistan to heel, the list including Alexander the Great, the Mongols, the British Raj, the Soviet Union.

But as is normal in war, politicians and generals held to the line that progress was being made. We can't cut and run, they said. And if you don't cheer for the war effort, you're not supporting our troops. In other words, the usual patriot games, some legitimate, some just plain old bullshine.

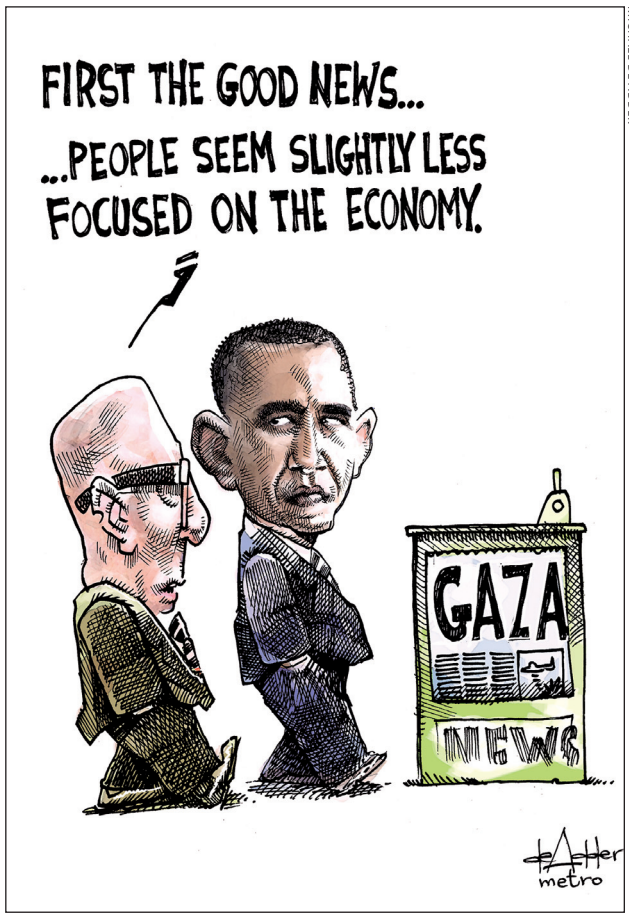
GETTY IMAGES

But today there is a consensus that says that little or no progress has been made, that Afghanistan remains as it almost always has been — untamable. Canadians, smarter than their generals and politicians, were never really enthusiastic about this war. Now they're saying in polls that they want their troops out before the deadline of 2011.

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals, if and when they occur. With this effort the new president, Barack Obama, will be able to prevent the Taliban from regaining power. But it will require his getting bogged down in a long war.

There will be more pressure from his White House for Canadians to stay on. But Canadians will have seen enough. They will turn back the clock. It will be just about as it was before. They won't care much about Afghanistan. They'll leave it to the Afghans and the superpowers — and save their soldiers from dying from roadside bombs.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

On fence the toughest stance in Mideast

Mona Eltahawy
Global View

I was born in Egypt during one war with Israel, have vivid memories of another war with Israel and I was the first Egyptian to live and work in Israel for a Western news agency when I moved there from Cairo at the end of 1997 as a Reuters correspondent.

And here's the best piece of advice on the Middle East you will get today.

Sit on the fence.

Strange coming from an opinion writer who makes a living out of taking positions? Yes. But it's too easy to take sides in the Middle East conflict. Few other parts of the world inspire such passion or leave such little room for doubt. For many, choosing sides is just an afterthought to their birthright: If you're an Arab, go join the Free Palestine demonstrations; and if you're Jewish, go join the Save Israel marches.

Don't forget, you can always throw God into the mix. Lay claim to your holy sites and you'll have religiously sanctioned wrath to fuel your rage.

But what's the point of choosing sides when both sides are losing? The real challenge when it comes to the Middle East is to sit on the fence and to understand that as with most chapters of this interminable conflict, civilians pay the most expensive price.

From that perch up there on the fence, keep your eyes firmly on Israeli and Palestinian civilians and ask about the responsibility of leaders to their people.

"The hardest thing is to scream 'Enough' at a time when both sides seem bent on mutual destruction."

The civilians of Gaza are victims of both Hamas and Israel.

The former have been more concerned with firing ineffectual rockets at southern Israel where they targeted the very group of people they are now accusing Israel of hurting the most in Gaza — civilians.

Israel has launched a punishing bombardment and invasion of Gaza that will be used as the latest proof that it is the neighbourhood bully. Its actions are bound to turn Hamas into the very heroes they don't deserve to be and possibly unleash a new wave of unconscionable suicide bombings against Israeli civilians.

And all for what?

For those of us from the region, the easiest thing might be to follow our birthright to bias but the hardest thing is to scream "Enough" at a time when both sides seem bent on mutual destruction and when to criticize your side ensures accusations of being a sellout.

But I insist on staying on that fence and being a sellout for peace.

Stay on that fence with me and scream and yell for a ceasefire.

Enough violence.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Letters

Sanctioned violence in Canada's sport

Re: Police assist coroner investigating death of Whitby hockey player

It makes me sick inside that a family has lost a son due to the barbaric allowance of fighting in hockey. What I find totally offensive is the polarization of this ongoing debate in regards to the inclusion of fighting as part of Canada's game.

The usual suspects in the media have already come to the forefront that defend the need for fights in hockey and have attempted to eulogize the death of 21-year-old Don Sanderson as a freak result of an inherent danger linked with this sport. Those in the media who support fighting in hockey can rationalize all they want in regards to the odds of losing ones life in a hockey fight but in the end there are more than enough examples of NHL players who have had their careers cut short and their quality of life affected to demonstrate the stupidity of allowing fights.

The passing of Don Sanderson could bring common sense to the issue of safety in the only major sport that allows this kind of sanctioned violence.

DANIEL KOWBELL, TORONTO

So much for the economic meltdown

Re: Your year's pay a day's work for top CEOs (Jan. 2)

I was astounded to learn from the Canadian Centre for Policy Alternatives (CCPA) that the salaries of Canada's top CEOs have reached unprecedented new heights.

So much for the economic meltdown. While these characters were dragging in bigger and bigger salaries, upwards of 70,000 Canadians lost their jobs. The rest of us are preparing to ride out the rough year ahead, while the country's top executives appear to be immune from any fallout.

Average CEO pay for the top 100 was up 22 per cent from its $8.5 million average in 2006. In contrast, the earnings of average Canadians rose by only 3.2 per cent — the best increase in the past five years, but a fraction of the CEOs' and barely keeping up with inflation.

DANNY CAVANAGH, PRESIDENT
CUPE NOVA SCOTIA

It's your turn to tell others what you think. E-mail your thoughts and opinions to: torontoletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Canadian dollar makes strong gains
The Canadian dollar put in a strong showing yesterday, reflecting advances in oil prices due to the turmoil in Gaza and increased optimism on stock markets based on a potential stimulus package in the U.S. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Bleak month for auto sales

Worst December in 12 years

Canada's auto market crashed during the holiday season, one more piece of evidence of a deepening recession.

Despite incentives, showroom sales plunged 21.2 per cent or more than 25,000 vehicles to 94,423 in December from the same month in 2007, manufacturers reported yesterday.

The results marked the worst decline in auto sales for any month since 2003. It was also the lowest level for a December in 12 years.

The bleak December pulled down overall 2008 sales in Canada by 1.1 per cent or more than 17,000 to 1.653 million cars and trucks. That followed three years of annual increases.

Analysts are forecasting more big dents in the first half of this year before the market shows some signs of a recovery.

Offshore-based manufacturers exceeded the Big Three automakers in market share in Canada for the first time. They raised their share to 51.9 per cent from 48.3 per cent while GM, Ford and Chrysler slipped to 48.1 per cent from 51.7 per cent.

Toyota, including the Lexus luxury brand, also jumped into second place behind GM in sales in Canada from fourth spot, ahead of Chrysler and Ford. Its sales rose 11.3 per cent to a record 224,158 in 2008 from 2007. But in December, Toyota's sales plunged 35.4 per cent because of a huge drop in Camry sales.

TORSTAR NEWS SERVICE

Auto blues

- Canada isn't alone. Six of the biggest automakers in the U.S. had declines of more than 30 per cent each last month. Sales in Japan, Italy, France and other European countries have also slid sharply.

Honda Civic most popular in Canada

AUTOMOTIVE The Honda Civic compact has surpassed the Ford F-Series pickup truck to become Canada's most popular vehicle.

Sales of the Civic climbed two per cent to 72,463 while the F-Series pickup, which led the market for five consecutive years, slid eight per cent to 67,749 in 2008, the companies revealed yesterday.

It marks the first time in 15 years that a car — previously the Chevrolet Cavalier — has topped a truck as the country's best selling vehicle.

TORSTAR NEWS SERVICE

York, Barrie hydro utilities merge

ELECTRICITY PowerStream Inc. and Barrie Hydro Distribution Inc., which serve more than 310,000 electricity customers, announced yesterday the closing of an agreement to combine their power distribution operations.

PowerStream will retain its name, though for the first year the company will be branded PowerStream Barrie Hydro Distribution. It now serves 11 communities and becomes Ontario's second-largest municipally owned electric utility after Toronto Hydro.

TORSTAR NEWS SERVICE

Business in brief

STEVE JOBS Apple Inc. founder and chief executive Steve Jobs, a survivor of pancreatic cancer, said yesterday that a hormone imbalance is to blame for the weight loss that has prompted worries about his health. Jobs, 53, said he will undergo a "relatively simple" treatment and will remain in charge of Apple.

PIPELINE Enbridge Energy Partners, a U.S. affiliate of Calgary-based Enbridge Inc., has agreed to pay $1.1 million US for environmental violations related to a crude oil pipeline it is building through Wisconsin — a move environmentalists hope will encourage others to improve their practices. **METRO NEWS SERVICE**

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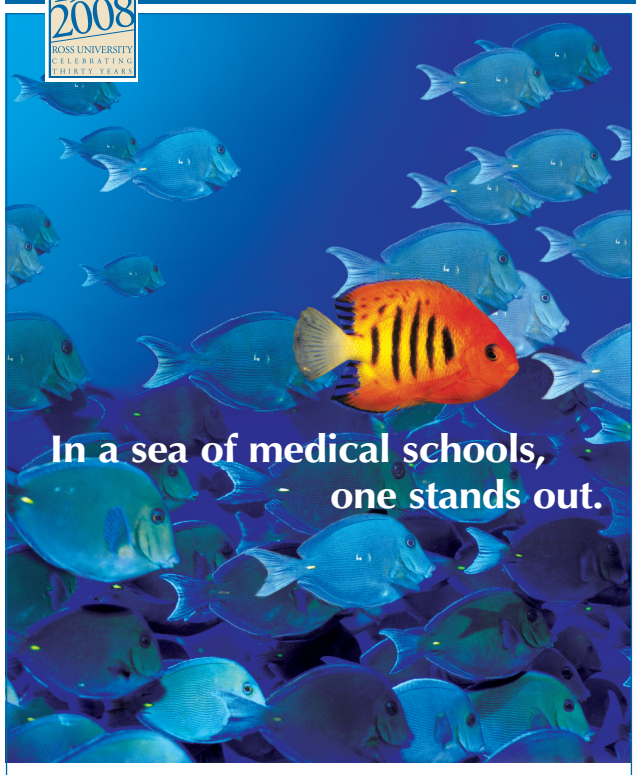

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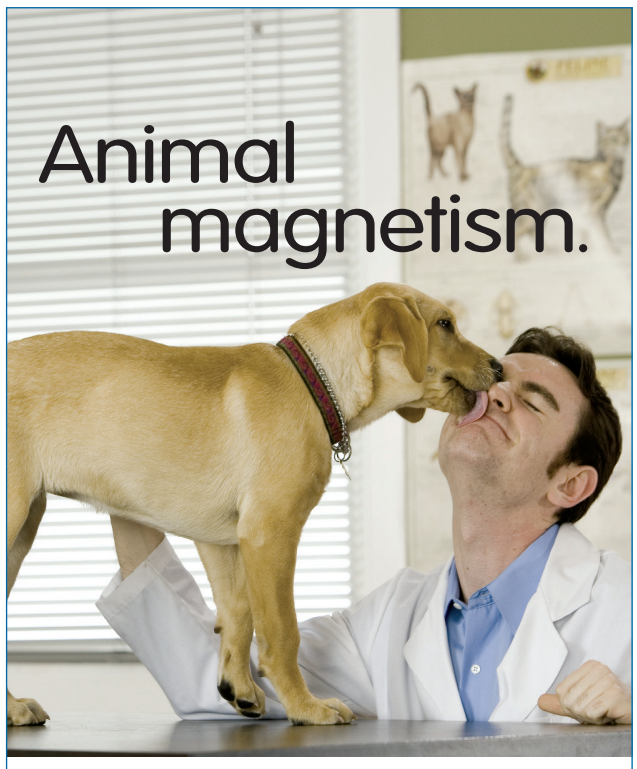

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SmartCookies

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One Smart Cookie got a job at her favourite furniture store and used the money she made to buy discounted furnishings.

Being a Smart Cookie isn't just about finding ways to spend less and save more, it's about making more money too. And just to be clear, we do not mean taking a job you hate because the paycheque's better. As we enter into 2009, we encourage you to find ways to attract more money into your life. And to get you started, here are a few Smart Cookie tips.

Turn Your Passion into a Paycheque:

With a little effort and creativity, it's possible to turn almost any pastime into a paycheque. For example, one of our Smart Cookies was interested in learning about and tasting new wines. She had a friend who started a business that offered wine tastings at company events and she offered to help out. This was a great opportunity for her to make extra cash, sample some wine and meet new people.

Why Not Make Some Money AND Reap the Benefits?

Consider taking on a part-time job at your favourite store — many retail stores hire extra employees to help out during their busy season. One of us was furnishing a new condo, got a job at her favourite furniture store (which offered employees 40 per cent discount) and used the money she made working at the store to buy her discounted furnishings.

Clean Out Your Clutter

Anything you haven't used in over a year, you no longer need! But rather than throwing these items away, why not find them a new home? One of the Smart Cookies makes about $300 at the end of each season and puts that toward new clothes. Another sold her wedding dress for $800 on craigslist.org. You can do the same with sporting equipment, toys, CDs, books, almost anything.

What about Passive Income?

There are ways to increase your monthly income, without lifting a finger. For example, if you pay monthly for a space in a garage, but you know your car will be gone during work hours or you'll never use it, you can rent out your space during the weekdays to someone who works near your parking spot. Advertise the space on craigslist.org or in your local paper. One of our Cookies rents out her space and earns an additional $50 per month.

Consider contract work

If it's not a conflict with your full-time job, look for freelance or contract opportunities. By utilizing her contacts, one of us was able to get additional contract work providing PR services for clients outside her job, earning an extra $2,000 per month!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Enough talking, get walking

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q My new year's resolution is to get rich! Get into shape! Help the less privileged! Buy low, sell high! Quit smoking! Travel more! Win the lottery!

A Pause a moment before making that new year's resolution list and glance at the crumpled, faded list from last year. How many were accomplished? If you are like a lot of Canadians — not many. Although my accounting and tax background does not give me the qualifications to help you lose weight or quit smoking, its approach may not be much different. Here is some of my advice:

• Be realistic with resolutions. "I want to look like I did as a teenager!" Don't we all!

• Don't just "say;" "do." The word resolution implies action. Resolutions cannot be accomplished without following through. Stop talking about joining a health club, just do it.

• As important as the resolution is having a plan for its execution. Without a plan, there will be no success. "This year, I would like to save for a house." Where will the savings come from? Identify how you can increase income and cut expenses.

• Set long-term goals but achievable objectives that can be measured periodically. For example: Lose four pounds a month. Preauthorize monthly RRSP contributions. Set up automatic payments for investment.

Get going on your goals.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca or 416-489-7800 Ext 227.

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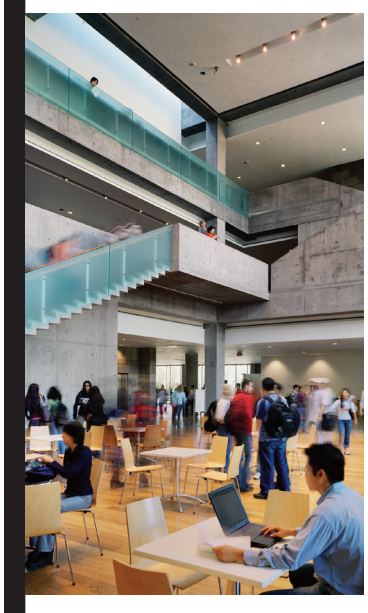

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Schulich School of Business York University | YORK UNIVERSITÉ UNIVERSITY

Harrison picks up defensive hardware
Pittsburgh Steelers linebacker James Harrison won The Associated Press 2008 NFL Defensive Player of the Year award yesterday, after registering a team-record 16 sacks, and leading the NFL with seven forced fumbles in the regular season. METRO NEWS SERVICES

Sports

Win for Wozniak

Fourth-seeded Aleksandra Wozniak, left, of Blainville, Que., beat Slovakia's Magdalena Rybarikova 6-3, 6-7 (4), 7-5 in the first round at the ASB Classic women's tennis tournament in New Zealand yesterday. All four seeded players progressed to the second round of the singles.
METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Tonight

VS

7:30 p.m.
TV: TSN
Radio: AM 640

If nothing else, Bryan McCabe will leave Toronto after tonight's game with his sense of humour intact.
McCabe, who plays in Toronto for the first time since a Sept. 2 trade to the Florida Panthers ended his seven-year career as a Maple Leaf, faces an unknown reception tonight from the Toronto fans who both loved and hated him.
"I was booed when I played here so I expect the same when I'm on a different team," McCabe said yesterday.
TORSTAR NEWS SERVICE

A high-five for Team Canada

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Canada 5 Sweden 1

VS

Team Canada won its fifth gold medal in a row at the world junior hockey championships last night, taking a first-period lead on P.K. Subban's second effort just 38 seconds into the game and riding the goaltending of a suddenly hot Dustin Tokarski.

Angelo Esposito scored on a backhand in the second period, Cody Hodgson let rip a wrister on the power play in the third, and Jordan Eberle and Hodgson scored into an empty net in a 5-1 win over Sweden, which takes home silver for the second year in a row.

Shaky in every outing before last night, Tokarski faced 40 shots, stood tall and was named player of the game.

John Tavares was named the tournament's most valuable player and a first-team all-star. He was joined on the all-star team by Hodgson and Subban.

The crowd of 20,380 at Scotiabank Place — who jeered Swedish defenceman Victor Hedman and goalie Jacob Markstrom all night — was a new single-game attendance record for the world juniors.

Emotions ran high in the second as Canada extended its lead to 2-0 on the goal by Esposito.

Hedman took a few punches at Esposito, who wisely didn't swing back after the Canadian had a run-in with Markstrom as the goalie skated after a loose puck. The crowd jeered Markstrom, believing he was putting on a show by flopping on the ice after his collision with Esposito. It was Markstrom's third questionable flop of the game.
TORSTAR NEWS SERVICE

SEAN KILPATRICK/THE CANADIAN PRESS

Canadian players Patrice Cormier, back, defenceman Thomas Hickey, defenceman Ryan Ellis and John Tavares, right, line up behind P.K. Subban after he scored against Sweden last night.

Heisman winner a big Canucks fan

YorkReport

Marty York
marty.york@metronews.ca

The top player in U.S. college football is a hockey fanatic. His favourite team: The Vancouver Canucks.

In fact, while in high school in Oklahoma City, quarterback Sam Bradford had a ritual in which he would watch The Mighty Ducks movie and check out the latest Canucks' results before turning in for the night.

"Hockey was and maybe still is my favourite sport to watch," said the Heisman Trophy winner, who will lead the No. 1 Oklahoma Sooners against the No. 2 Florida Gators in the BCS national championship game Thursday night. "I love the Canucks. Roberto Luongo is outstanding."

• Spring training, believe it or not, begins next month but one of baseball's premier sluggers remains a ManRam without a home.

Manny Ramirez is attracting interest, all right, but his $20-million-a-year US demand isn't.

MLB sources consider Ramirez's agent, Scott Boras, a major problem because of his insistence on the $20-million salary. The Los Angeles Dodgers continue to negotiate with him, as do the San Francisco Giants, Tampa Bay Rays and New York Yankees. And even the Blue Jays might make a pitch for him if he becomes more reasonable and if they could succeed in their attempts to unload Scott Rolen and/or Lyle Overbay (and their guaranteed contracts).

• An athlete who *has* lowered his financial demands: Shaquille O'Neal. In November, the NBA star listed his Miami Beach mansion for $35 million. His new asking price: $25 million.

Sam Bradford and Oklahoma play Florida for the BCS championship on Thursday.

More online

• Former NHL star Eric Lindros returned a call to Metro's Marty York yesterday but refused to clear up any of the mystery surrounding him. Visit metronews.ca/sports for more details.

Raptors **Buck a winning trend in Milwaukee**

MORRY GASH/THE ASSOCIATED PRESS

The Bucks' Luke Ridnour knocks the ball away from Toronto's Jamario Moon during the first half in Milwaukee last night. The Raptors had their two-game mini win streak snapped, losing 107-97. For a complete game recap, visit www.metronews.ca/sports.

Sports in brief

MLB The Chicago Cubs and free agent Milton Bradley reached a preliminary agreement yesterday on a $30-million US, three-year contract, according to a person familiar with the negotiations. The deal is subject to a physical scheduled for Thursday.

MLB The Tampa Bay Rays added a big bat yesterday, agreeing to a $16-million US, two-year contract with Pat Burrell. The 32-year-old spent the past nine seasons with the Philadelphia Phillies.

ICE DANCING A Bulgarian court sentenced former world ice dancing champion Maxim Staviski to 2½ years in prison yesterday for a fatal drunk driving accident. Staviski, 31, was found guilty of crashing into an oncoming vehicle in 2007. A 23-year-old man died and an 18-year-old woman was severely injured in the accident. THE ASSOCIATED PRESS

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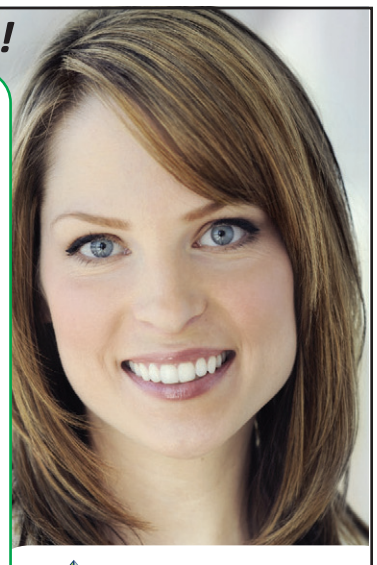

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Ontario MTCU sets up review of Durham College deficit

The Ontario Ministry of Training, Colleges, and Universities has appointed Dr. Ralph Benson, a former assistant deputy minister with the department, to address governance and financial challenges at Durham College, which has amassed a $21.8-million deficit over the last two years. METRO NEWS SERVICES

Workology

Keeping watch

Following the Toronto Star's report of a York University law student possessing a fraudulent undergraduate degree, York's Osgoode Hall Law School announced last month it will tighten admission procedures.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

The body never lies

Curtain Call

RAFAEL BRUSILOW
for Metro Canada

When the cause of a death isn't obvious, it's the job of a forensic toxicologist to find the hints that lurk in the fluids of the body.

For a forensic scientist who specializes in toxicology like Gillian Sayer, discovering the truth means lots of time spent in the lab analyzing blood and urine samples for toxins and other external substances that may have contributed to a death. A lethal amount of a drug in the bloodstream can indicate a drug overdose or the presence of alcohol might shed light on why someone took a fatal fall down a simple flight of stairs, for example.

Unlike the flashy, instantaneous results often portrayed on popular forensic television shows — like CSI: NY — Sayer insists work in toxicology is far more methodical, meticulous and time-consuming.

"A big misconception is that analysis takes five minutes. It's a much longer process than that, and our puns aren't nearly as good as on CSI," Sayer joked.

Sayer, 23, works in the Toxicology Section at the Centre of Forensic Sciences in Toronto and says an important aspect of her job is the closure it provides to loved ones.

"It gives peace of mind to the family and provides support for the criminal justice system."
Gillian Sayer, forensic scientist

"I think it's an important service we provide. It gives peace of mind to the family and provides support for the criminal justice system," Sayer said.

Sayer got interested in forensics through the documentaries she watched growing up, like Cold Case Files. She studied Forensic Science at the University of Toronto and secured an internship which placed her at the Centre of Forensic Sciences where she still works today. The internship let her try her hand at forensics and get her foot in the door for a job.

"The internship course got me exposed to the industry — I can't stress how important that was," she said.

Starting out as a forensic technologist who gathered and prepared samples, Sayer now analyzes samples herself as a forensic scientist. She hopes to eventually become a fully qualified toxicologist to report on her own cases and testify in the courtroom. She loves the daily challenge, especially since new drugs and new ways of taking old ones force her to stay current.

"I find the analytical work to be really challenging. Keeping up with what drugs are out there and how people are taking them is crucial. People will always find novel ways to take drugs," Sayer said.

The most satisfying thing about finding a career in the field of forensics, for Sayer, has been proving she can do it.

"I was told once (by an instructor) I wasn't smart enough to get an internship here. I thought, 'I'm going to do it anyway.' If this is something you want to do, then pursue it wholeheartedly," Sayer said.

RAFAEL BRUSILOW/FOR METRO CANADA

Gillian Sayer prepares samples for toxicological testing.

For more of the Curtain Call exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

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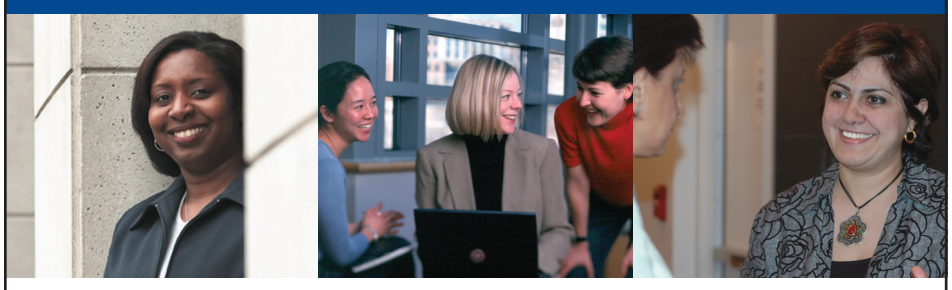

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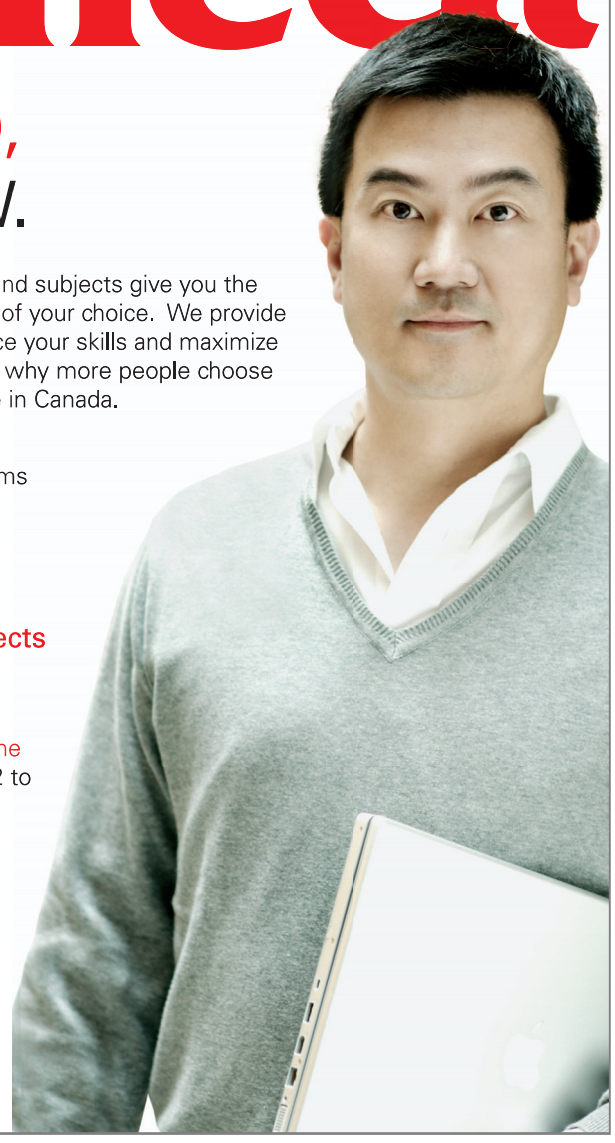

Multi-million dollar renovation, expansion for UBC museum
The University of British Columbia Museum of Anthropology, from which several works by artist Bill Reid were stolen last May, is undergoing a $55.5 million renovation and expansion. METRO NEWS SERVICES

Top Gun: Survive first, win later

24-year-old pilot first Canadian and the youngest ever in Red Bull Air Race

RAFAEL BRUSILOW
for Metro Canada

Pete McLeod's idea of a great career is hurtling his plane at speeds nearing 400 kilometres per hour, barely 25 feet above the ground, in races where the first objective is to survive — the second is to win.

Of course, he loves every second of it.

"It is a rush, but for me it's more fun than it is scary or thrilling — I'm just happy in that spot," he said.

The 24-year-old pilot is the first Canadian and the youngest pilot ever to race professionally in the Red Bull Air Race World Championship, a worldwide racing competition often described as the pilot's answer to Formula One car racing.

Only 15 top pilots from around the world are chosen to compete every year. Races happen in world cities ranging from Abu Dhabi in the United Arab Emirates to Perth in Australia and pilots fly extremely agile (and unstable) racing planes close to the ground around in an effort to achieve the best time possible.

Races are blisteringly fast, lasting between 60 and 90 seconds — just enough time for two full laps of a "track" marked with enormous, inflated 65-foot-high pylons.

"The amount of energy you expend in that short amount of time is mind-blowing. The first expense of energy is survival, the second is to find the best line possible," McLeod said.

At the age of 24 McLeod is by far the youngest pilot ever to be licensed to race in the competition where the average age of competitors is 46. The amount of skill required to race in the series is so high that usually only pilots with decades of experience have the chops (and the guts) to do it. The fact that McLeod is considered skilled and mature enough to race is a strong acclamation of his talent and he credits his parents with supporting him to nurture his abilities.

"This is the start of a big career for me and I've got a huge amount of potential due to my age. I love to compete and this is the ultimate stage for me to test myself against the best pilots in the world."
Pete McLeod, 24, pilot

Born in the small town of Red Lake, Ont., located about six hours northwest of Thunder Bay, planes and flying were always a part of McLeod's life. By the age of six, his dad, a hobbyist pilot, was taking him on flights. When McLeod turned 16, he jumped at the chance to get behind the stick.

"I grew up in an airplane so I always excelled in flying. It was always easy for me. I got my pilot's licence before my driver's licence," McLeod said.

The new season starts in April and McLeod can't wait to compete.

"This is the start of a big career for me and I've got a huge amount of potential due to my age. I love to compete and this is the ultimate stage for me to test myself against the best pilots in the world," McLeod said.

RAFAEL BRUSILOW/FOR METRO CANADA

At the age of 24, McLeod is by far the youngest pilot ever to be licensed to race in the competition where the average age of competitors is 46.

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Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The good-skin fix

Meet your resolutions by starting with your complexion

JANINE FALCON
for Metro Canada

Turns out that focusing on better skin nutrition can help meet at least three 2009 resolutions: 1) to spend less; 2) to lose weight; and 3) to get on a less stressful, healthy-living track.

"The skin is a good indicator of what's going on inside," says Dr. Joey Shulman, D.C., registered nutritionist and author of The Natural Makeover Diet: 4 Steps to Inner Health and Outer Beauty. "For example, if you eat too many pro-inflammatory foods, such as sugar, refined flour, fried food, alcohol and saturated fats, you'll wake up looking puffy and red."

Rather than pricey "miracle" products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, which, in addition to improving skin (in as little as a week), could improve the numbers on your bathroom scale. "Replace the bad stuff with dark leafy greens, broccoli, spinach, winter squash, carrots, sweet potatoes — vitamin A-rich foods," says Shulman.

Naturopath Dr. Alan Logan, author of The Clear Skin Diet and research-and-development co-ordinator for Genuine Health, agrees. "In North America, 50 per cent of consumed vegetables is potato (mostly frozen), onion, iceberg lettuce and processed tomato. We need more colourful fruit and veg, such as blueberries, fresh tomatoes and cale. The deeper the colour of the produce, the more dense it is in polyphenols, naturally-occuring antioxidants."

Omega-3 fatty acid-rich foods also rank high in the good-skin eating plan because, say Shulman and Logan, they boost skin's natural moisture levels. Shulman recommends cold-water fish, nuts, and seeds, as well as omega-3 fortified eggs and milk.

Another hydrating must is water, which gets overlooked in the winter. Shulman suggests green or white tea as alternatives. "They're anti-inflammatory and high in antioxidants, plus white tea can help deal with sugar cravings because it's on the sweet side."

According to Logan, green tea and fish oil both help reduce levels of cortisol, a hormone the body releases under stress. "Cortisol attacks collagen, the scaffolding of the skin," he says. "Fish is skin's best friend. Orally consumed fish collagen also provides the body with raw materials to manufacture the collagen skin needs," he adds.

Dr. Michael Davies, a dermatologist at SpaMedica in Toronto, says "a well-balanced diet is best, but supplements can help when we can't get what we need." He recommends, and himself takes, daily doses of 1000mg of vitamin D (available at drugstores). "The fact is that a whole day in the sun without protection won't produce enough natural vitamin D," he says. "Wear sunscreen; take the supplement."

Rather than pricey "miracle" products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, including vitamin A and omega-3 fatty acid-rich foods.

Study tests skin supplements

• Other supplements that can act as a diet safety net, especially in times of stress, are Genuine Health greens+ Healthy Skin, Perfect Skin and O3mega+glow. A University of Toronto clinical study released last month suggests greens+supplements, by lowering acidity in the body, may help decrease cortisol. Imedeen is another skin supplement brand with clinical trials behind its ingredients. As well as collagen-boosters, a key component is lycopene, a powerful antioxidant found in fresh tomatoes.

JANINE FALCON
/FOR METRO CANADA

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METRO NEWS SERVICES

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Stretch jersey pants from Smart Set's activewear collection, Müv, $32.

The Essential Power Pant offers a fitted shape with flared leg, made of Supplex fabric/Zelcon finish. Available for $54.50 at La Senza Spirit (*lasenzaspirit.com)*.

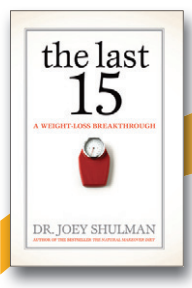
Left: Colour block pullover from from Smart Set's activewear collection, Müv, $35.

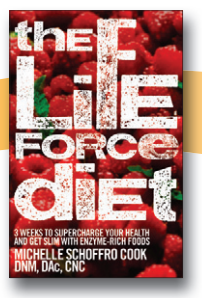
Above: Breathable side panel purple and black jacket from Smart Set's activewear collection, Müv, $38.

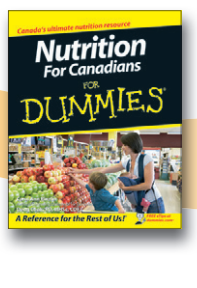
Yoga mats designed for enduring performance and reliability. Available in a variety of patterns. This Koi Fish Print is $29.99. Available at *Amazon.ca*.

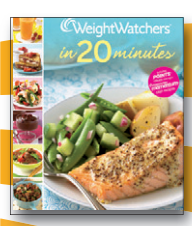
Anti-bacterial socks, $8.50. Available at La Senza Spirit (*lasenzaspirit.com)*.

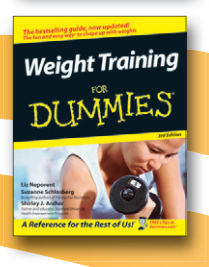
The Double Layer Fitness Tank (seen in lime light) comes with an inside bra liner and racerback. Available for $44.50 at La Senza Spirit 9*lasenzaspirit.com)*.

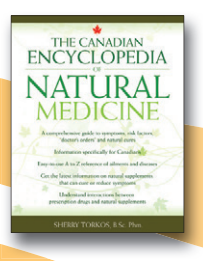


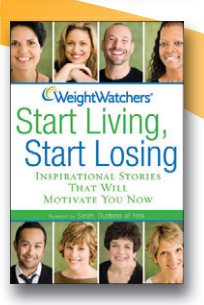


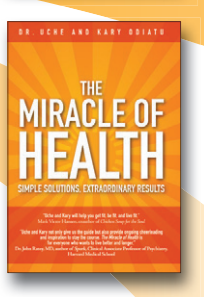


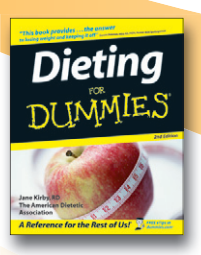












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Home exercise equipment, from stationary bikes to treadmills to elliptical trainers, can make it easier to squeeze exercise into busy schedules and avoid the chill of winter. A quick jog on the treadmill can coincide with a favourite TV show. TORSTAR NEWS SERVICE

Plan for healthier meals

CELIA MILNE
for Metro Canada

So it's new year's resolution time. Want to lose weight and eat healthier? Instead of vowing to diet, why not promise yourself you'll prepare your meals and snacks better?

A big part of eating better is planning better. You don't need to resist cravings, you just have to plan what to eat when cravings strike.

And that begins in the grocery store.

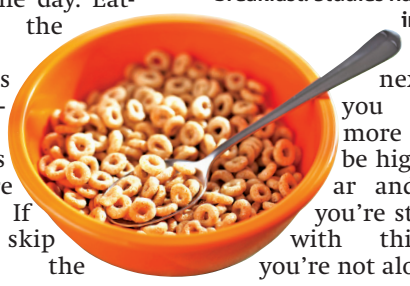
"Take the time to plan at least half of your meals and three quarters of your snacks each week," advises Stacey Segal, a registered dietitian who works at the Harbourfront Health and Wellness Centre in Toronto.

For instance, snacks are important in a well balanced diet, she says. "Fill your grocery list with snack items that are easy to toss in your bag as you head out the door. Pre-packaged unsalted almonds or walnuts, edamame, low fat cheese, yogurt and fruit are good options," she says. Pre-cut vegetables and fruit and leave them in your fridge for a quick healthy snack.

Segal, who is a spokesperson for the Kellogg's Special K Challenge, also recommends having Special K cereal bars on hand. The Challenge advocates "tools, not rules" for achieving a healthy body weight.

If you possibly can, eat breakfast every day. It has been shown in many medical studies that those who eat breakfast are less likely to be overweight than those who skip the first meal of the day. Eating in the morning jumpstarts your metabolism and gives you more energy. If you skip breakfast, the next thing you eat is more likely to be high in sugar and fat. If you're struggling with this one, you're not alone. A recent survey found that only 58 per cent of Canadians eat breakfast every day.

An important part of eating heathly is planning your meals. Take the time to plan at least half of your meals and three-quarters of your snacks. Also, if you're trying to lose weight, don't skip breakfast. Studies have shown that those who eat in the morning are less likely to be overweight.



For lunches, Segal recommends planning ahead: Fill your freezer with individual portions of leftovers or homemade meals and bring them to work. This helps to cut the temptation to buy high-calorie, high-fat food when you are really hungry at lunch-time.

If you crave something sweet after dinner, don't resist it, she says. "Trying to ignore this craving will only lead to over-indulging later. Instead, find low calorie, low fat treats that satisfy your craving."

Nutrition Tips

Here are some other tips for a nutritional new year:

- Set realistic goals for 2009
- Eat breakfast every day
- Eat well balanced meals which you plan in advance
- Eat at home more often
- Exercise regularly
- Treat yourself and don't expect perfection
- Eat slowly and give your body time to tell you it's full

CELIA MILNE/
FOR METRO CANADA

Experts recommend resistance training three times a week.

Fitness tips for novices

EXERCISE Fitness Institute owner Steve Roest's tips for novices:

- Schedule exercise as you would a business meeting. Morning is better, because it's easier to get sidetracked as the day goes on.
- Set challenging but realistic goals.
- Start slowly. Set short-term goals to boost your confidence and stay motivated.
- Expect some soreness, boredom and frustration. Plan how to overcome them.
- Do resistance training about three times a week. Muscle mass raises your metabolism, burning more calories.

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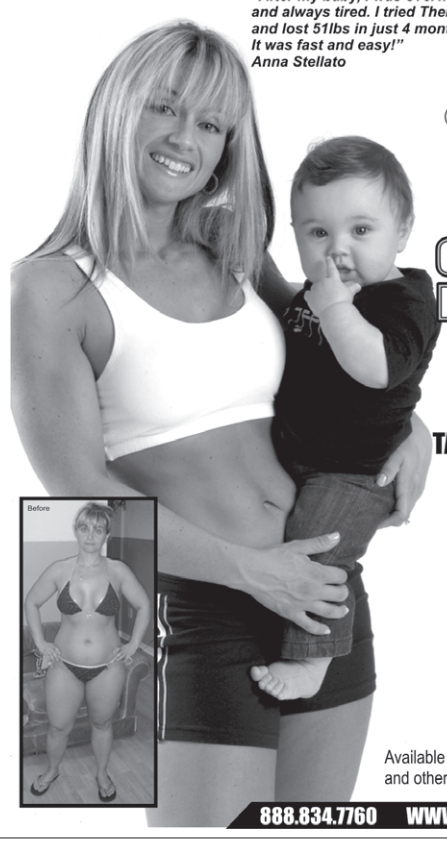

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New you, better sex

CELIA MILNE
for Metro Canada

SEXUAL HEALTH Men: Are you having a hard time sticking to new year's resolutions? Here's some extra motivation: Healthy habits help your sex life!

A news bulletin from the American Urological Association (AUA) describes how typical health improvements can help you in bed.

Lose weight: If you are obese, losing weight can help reverse erectile dysfunction (ED) — the inability to achieve or maintain an erection. Studies show that as many as half of American men over age 50 have some degree of ED. About 75 per cent of cases have an underlying physical cause, including serious medical conditions such as heart disease, high blood pressure, diabetes or high cholesterol levels, and obesity is a risk factor for all of these.

Quit smoking: The vague promise of better health may not be enough to get you to quit, but picturing yourself with bladder cancer might. Smokers are twice as likely to get bladder cancer as non-smokers.

Get your cholesterol rates down: High cholesterol is a leading cause of heart disease and also seems to affect prostate health.

Tackling weight issues can help reverse the effects of erectile dysfunction. Other resolution-type changes you can make to improve your stamina between the sheets include quitting smoking and reducing your stress.

There may be a link between high cholesterol and prostate cancer in men, so eating properly and exercising regularly can keep this risk lower.

Reduce stress: Stress can also contribute to erectile dysfunction, say experts at the AUA.

If you're adopting healthy habits this January, your motto should be: Keep it up!

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The first step to a healthy weight loss

Part 1
The importance of cleansing your organism.

The human body is one of the most complex machines be it through the interaction between organs as with its control over energy and emotions. Just about everything that exists on this planet is practically traced from our bodies and their functions.
Take for example, our boulevards, streets and alleys, they are images of our arteries, veins and capillaries. Jammed with toxins and waste, how can they adequately transport different nutriments necessary to good health and well being?
We take better care of our toys than we do of our own HEALTH!
Here are two examples to illustrate this obvious fact: You own a car and generally change the oil on a regular basis in order to extend the life of your motor and keep it in good working condition.
Well, your body needs the very same attention.
Here is another example: You regularly clean and look after your house to keep it looking good. Again, your body needs the very same care.
Where does this waste come from?
From overeating, unsuitable diets, intestinal fermentation and putrefaction, coffee, alcohol, sweets, excess salt, food additives, overly hard water, insecticide-contaminated foods, herbicides, fertilizers, drugs given to livestock that later find their way into animal by-products (eggs, milk,...), chemical and synthetic drugs, vaccines, polluted air, factory smoke emissions, exhaust gases, stale air in poorly vented apartments or in high-traffic public areas, tobacco smoke; and, through the skin, from cosmetic products, make-up, products for maintenance of the body,...
To be continued on January 8th...
I have healthy eating habits; do I still need to cleanse my organism?

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Do gruesome smoking warnings work?
According to global marketing guru Martin Lindstrom, Canada's cigarette package health warnings — ours are among the most aggressively icky in the world — can actually cause cravings. **TORSTAR NEWS SERVICE**

Sexy shoes, healthy feet?

Despite the perils, many of us are not about to give up our high heels. Luckily, shoe designers are giving us enticing new ways to strike a compromise

From
Best Health Magazine
on newsstands now
besthealthmag.ca

BY LIZ BRUCKNER

Blame it on the women of Sex & the City, and Hollywood it girls like Gwyneth Paltrow.

Never before have high heels been more ensconced in popular culture — there's even a best-selling book by a U.K. fashion stylist called How to Walk in High Heels — and never have they been so treacherously high. For most women, a high heel is defined as higher than two inches, but the über-heights we've seen on red carpets of late seem to be flouting that definition.

Case in point: Following Paltrow's appearance in a much-noticed pair of six-inch Alexander McQueen shoes at a London film premiere this past spring, British shoe shops experienced a 35 per cent "spike" in sales of extreme heels.

But sometimes, it's our feet that pay the price when we wear high heels. According to Stephen Hartman, a chiropodist and the chief executive officer of the Canadian Federation of Podiatric Medicine, heels that are two inches or higher propel the body forward, turning the simple act of walking into an awkward chore. They also point the foot downward, reducing its ability to flex and absorb shock. This leaves areas like the knees and hip joints to pick up the slack, which can aggravate and sometimes even cause arthritis.

And the problems get worse over time. Says Hartman, "Left untreated, short-term issues such as corns, callouses and ingrown toenails can lead to long-term problems such as hammertoes, bunions and 'pump bumps' (a bony bump at the back of your heel, caused by shoes rubbing the bone). They can also lead to issues with knee, hip and back pain, and osteoarthritis." And high-heel wearers may experience pain even when they wear flats. According to Hartman, women who wear heels for many consecutive years can develop a physiologically shorter Achilles tendon that results in the inability of the heel to fully touch the ground.

"A two-inch heel is okay in moderation, for one day a week or a special event."
Stephen Hartman, chiropodist

All that said, are we suggesting you pack up your favourite heels? Not so fast: Any woman who has experienced that terrific feeling of glamour while wearing a great pair of high heels will attest that there's no substitute for these beauties.

And the benefits are also tangible: They give shape to your calf muscles and elongate the look of legs to make you appear longer and leaner.

Wearing high heels may even improve your pelvic floor muscles: Researchers at Italy's University of Verona studied 66 women under age 50 who wore shoes with an almost three-inch heel. The study found this placed their pelvic muscles in an optimum position to contract and strengthen.

Hartman recommends looking for heels with proper lift, shock absorbers and arch support, and says firmly: "A two-inch heel is okay in moderation, for one day a week or a special event."

Best Health is on newsstands now. For more, go to besthealthmag.ca.

GETTY IMAGES
"It" girls like Gwyneth Paltrow (pictured here) have made high heel sales "spike." But what about the price our feet pay?

Fashion meets comfort

- Nike Air teamed up with Cole Haan, an American shoe and accessories company, to develop high heels that utilize Nike Zoom airbag pockets, which cushion the sole and ball of the foot, alleviating the pain you may feel wearing heels. High heels with this technology average three to four inches.
- Insolia inserts, developed by New Hampshire podiatrist Howard Dananberg in 1997, are designed to lift the arch of the foot and shift body weight so it is evenly distributed between the heel and toes. The idea is to improve body alignment and reduce leg and lower back pain.
- All Day Heels, the fashionable line from Canadian footwear retailer and designer Ron White, provide arch support, have built-in cushioning materials, and also include rubber compounds in the sole or heel cushion. Heel height ranges between one and four inches.

BEST HEALTH MAGAZINE

A new brain training software promises to improve cognitive functioning.

Training your brain

CELIA MILNE
for Metro Canada

TECHNOLOGY While many of us vow to develop six-pack abs by 2010, here's an idea to strengthen another part of your body: Your brain.

An innovative new brain training software called NeuroActive promises to improve cognitive functioning and keep your brain sharp. It does this by actually exercising the brain, the way you would exercise your arms, legs and stomach muscles. The brain, say developers, can be trained to be more efficient at any age.

NeuroActive was created by a Canadian medical doctor. It is designed to help you multi-task more easily, get more done during the day and increase performance at work and school. For more information, go to neuroactive.ca.

In brief

STUDY A new study suggests those who reported aggression in a relationship tended to drink more often and greater amounts.

THE CANADIAN PRESS

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Detoxify your post-holiday body

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Science and sex: unstimulating

An announcement just before the holidays that British scientists were developing an implant to stimulate pleasures centres in the brain caused the usual flurry of headlines that every new scientific solution to our seemingly increasingly lousy sex lives seems to cause.

Headlines everywhere announced the discovery of a so-called "super sex chip" that was set to turn us all on at the flip of a switch.

Never mind that the implant is meant for people who suffer from "anhedonia," a condition I'd never even heard of until now but that apparently results in an inability to enjoy or experience pleasure from such activities as eating and sex. Or that the currently "intrusive and crude" technology requires surgery to connect a wire from a heart pacemaker into the brain and needs about 10 years worth of development.

Blame Woody Allen for launching our obsession with instant sexual satisfaction. He introduced the "Orgasmatron" in his cheesy 1973 movie Sleeper, a phone-booth-like machine that induced instant orgasms in those who entered.

The drive to find a magical scientific solution to boost our flaccid sex drives is disturbing.

Since then, we've been on a mission to find a quick fix, effortless solution to our sexual dissatisfaction.

Viagra, of course, has been the star of the show; the magic blue pill that had formerly sexually unsatisfied couples suddenly dancing down the street and singing "Good Morning."

And, when the makers of Viagra didn't succeed in coming up with a female version, others have stepped in and pharmaceutical labs are currently hard at work developing a nasal spray, an injection, and a pill to treat Female Sexual Dysfunction, a condition that didn't even exist a decade ago.

I sympathize with men and women who experience legitimate sexual problems, in some cases as a result of physical or psychological issues. But the drive to find a magical scientific solution to boost our flaccid sex drives is disturbing.

With the advent of a new implant meant to stimulate pleasures centres in the brain, our columnist asks: 'Whatever happened to good old-fashioned seduction?'

Whatever happened to good old-fashioned seduction? Bah, who has time for that these days? That requires effort and communication and actually doing some things that reawaken your sexual self. A pill would be so much easier. But the fact is, even if a pill or an implant or a spray can stimulate desire or guarantee an erection or an orgasm, it can't guarantee good sex.

That requires some good old-fashioned elbow grease. Or at least a good lube.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Nutritionist shares tips for fat loss

Avoid carbs at night, your body can't burn them.

DIET Nutritionist Suzanne Carere's tips for fat loss:

- Don't eat carbs at night – your body can't burn them and they turn right to fat.
- Fruit contains mostly sugar and carbs, albeit healthy ones, so eat them only in the morning. Switch to vegetables in the afternoon and evening.
- Snack frequently. This releases sugar more slowly in your bloodstream, preventing spikes and crashes in your energy.
- Eat small snacks of protein through the day.
- Hungry at night? Drink tea or broth-based soups.
- To fight a craving, call a chatty friend or relative. You'll distract yourself until the urge to eat passes, and nurture a relationship at the same time.

TORSTAR NEWS SERVICE

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Cut down calories in your salad
According to Wendy Chant, author of Crack the Fat-Loss Code, salad dressing can add an extra 500 calories to your meal. Instead, opt for spritzers, which pack tons of flavour with a fraction of the fat; there's just 10 calories in 10 squirts. **TORSTAR NEWS SERVICE**

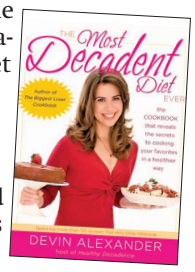
Tried and true diets

The best calorie-kicking books of last year

As always, 2008 saw its fair share of diet books, promising everything from the perfect hips to freedom from hunger to losing 21 pounds in 21 days.

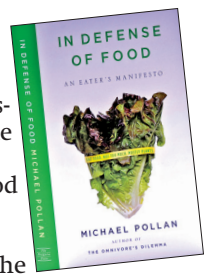
A whole new batch soon will be out to launch those new year's resolutions. But if you want a jump-start on some calorie-kicking diets, here are the ones we liked best — in no particular order — from last year's slate of reviews.

The Most Decadent Diet Ever! is a great purchase for those who like to spend time in the kitchen. The book's fluff mini cherry cheesecakes (pictured) are a winner at only 99 calories apiece!



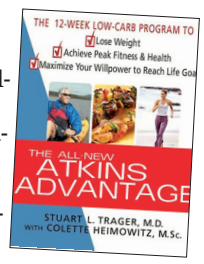
Diet: The Most Decadent Diet Ever!
Creator: Devin Alexander, a chef and former Los Angeles caterer
Who this is for: Someone who likes to tinker in the kitchen. This plan is mostly recipes, with lots of made-over comfort-food favourites, from burgers to mac and cheese to brownies. The fluffy mini cherry cheesecakes, for example, will satisfy any sweet tooth — and are only 99 calories apiece.

Diet: In Defense of Food
Creator: The award-winning writer Michael Pollan
Who this is for: Those who want to embrace, wholeheartedly, the notion of eating like their great-grandmother. Pollan eschews the modern-day food experience, which he says is mostly composed of "food-like substances," and has developed a manifesto of eating: "Eat food. Not too much. Mostly plants."



Diet: The Wall Street Diet
Creator: Heather Bauer, a registered dietitian in New York
Who this is for: High-powered, Type A, time-pressured Bay Street types who are too busy to cook almost any meal at home. The diet is a list of strategies for eating out, and eating on the run, so execs can still wine and dine clients without having to sacrifice their health.

Diet: The All-New Atkins Advantage
Creators: Stuart Trager, an orthopaedic surgeon and medical director of Atkins Nutritionals, and Colette Heimowitz, the Atkins company spokesperson
Who this is for: This newest iteration of an old theme is for those who implicitly believe in the Atkins high-protein way of life — and who can live without fruit, whole grains and foods made with flour and sugar.



Diet: Women's Health Perfect Body Diet
Creators: Cassandra Forsythe, a doctoral candidate in exercise science and nutrition at the University of Connecticut
Who this is for: Those who are up on their nutrition know-how and have less than 25 pounds to lose. They key here is glucomannan, or PGX, a soluble fibre supplement that expands in the gut to help dieters feel full faster and control hunger throughout the day.

TORSTAR NEWS SERVICE

Smart pill finds disease

CELIA MILNE
for Metro Canada

MEDICAL You've heard of iTunes, iPods and iPhones, and now there's the iPill. "I" is short for intelligent. This smart pill, made by Dutch hospital equipment company Philips, contains a microprocessor, a battery, a wireless radio, a pump and a tiny little drug reservoir that releases medication into specific parts of the body.

The pill is designed for disorders of digestion, such as Crohn's disease, colitis and colon cancer. Using a sensor, it measures acidity in the gut and then releases medication exactly where it is needed. One of the objectives of the pill is to cut down on the side effects often encountered when drugs are delivered to the entire body.

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Apple Cider made me lose 16 pounds!

Monique was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

"I work night shifts in the health care sector. It's a hard schedule and it made me gain a lot of weight - about 25 pounds. Even if I exercised, I never lost weight. Especially my legs felt very heavy. It was frustrating!

My local pharmacy advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I finally lost weight from my legs!

"Apple Cider 600 worked great. After 6 weeks my weight went from 153 lbs to 137 lbs. And I finally lost weight from my legs – lots of weight! I didn't exercise but I was not snacking and I did drink a lot of water, as recommended.

I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled with my new body!"

Monique, Quebec City

ARE YOU RETAINING WATER?	YES	NO
My body feels heavy and puffy	■	■
I love especially salty snacks	■	■
My joints feel swollen	■	■
I have cellulite	■	■
My clothes are tight	■	■
I don´t drink enough water	■	■

These are some clues that your body is retaining more than usual amounts of water. Cut your salt intake and try Apple Cider 600 as a solution!

SO HOW CAN APPLE CIDER 600 HELP?

Apple Cider 600 is an effective formula of three plant extracts, combined to make you slim down in a healthy and natural way. Apple cider vinegar has traditionally been used to stimulate metabolism and balance digestion. Globe artichoke stimulates your bodies detox process and Dandelion is a strong diuretic, which for decades has been used to eliminate retained fluids, stored among the fat cells and soft tissue.

WATER RETENTION MAKES YOU BLOAT!!

Weight loss is not only about losing fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles feel heavy and pants fit tighter. What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctors say, because of the rise and fall of hormone levels.

Available at Wal-Mart, selected Shoppers Drug Mart, Zellers, pharmacies at Loblaws and Superstores, GNC and better health food stores.

For information, please visit www.newnordic.ca or call 1-800-261-4223.

Resolutions that work

Personal trainer Erin Bilowits, founder of Vintage Fitness and creator of healthzone.ca's Living Fit exercise videos, knows a thing or two about setting fitness and weight-loss goals that work. Here are her tips:

1) Commit to reaching your fitness goals in a healthy way, and don't be tempted by the latest pill or program that promises weight loss with no energy or effort on your part. This will be hard work, but the benefits are long term, and will transform not only how you look, but how you feel and live.

2) Develop a "fitness report card" to understand where you are currently on measures such as upper body strength, leg strength and the number of inches around your waist. If you don't know where you are today on health measures other than the number on the scale, your evaluation of success will be based on weight only, and you may not be as encouraged as you should be along the way.

3) Map out where you want to go by developing exercise goals. Like any goal, make it specific, measurable, realistic and time-bound. For example, "I plan to increase my upper body strength and be able to do 10 push-ups instead of five in the next 8 weeks," is a better goal than "I want to be stronger in my upper body".

4) Choose activities that you love (or don't hate), that you believe will help you achieve your exercise goals. You may want to get some advice from a fitness professional to make sure that the program you have developed will help you achieve your goals.

TORSTAR NEWS SERVICE

When devising a fitness program, be sure to choose activities that you love ... or at least don't hate, advises personal trainer Erin Bilowits.

Can you justify that sports drink?

CELIA MILNE
for Metro Canada

NUTRITION We love to guzzle our sports drinks. But are we working out enough to justify all that sugar and salt? Recovery drinks such as Gatorade and Powerade are super popular, and consumption is on an upward trend.

Last year, per person consumption around the world was 1.8 litres. Food and drink consulting company Zenith International estimates that will rise to 2.3 litres per person by 2012.

Momentum is driven by the idea that sports drinks are healthy. A typical 12-oz. bottle of sports drink contains approximately 75 calories, 21 grams of sugar and 165 mg of sodium. That is about half the calories, half the sugar and twice the sodium of a cola drink. But sports drinks are designed for recovery from intense exercise, especially in very hot weather. They may not be so great to drink if you're not physically active.

North Americans are the biggest consumers of sports drinks, accounting for 48 per cent of the global market. Asia Pacific is the second largest region by volume, with Japan and China accounting for 70 per cent of this. Eastern Europe and the Middle East are emerging as the fastest-growing new super-consumers of sports drinks.

Recent innovations include low calorie options, drinks specifically marketed to active children and dairy-based recovery drinks.

ADVERTISING FEATURE

A NEW YEAR'S RESOLUTION TO SMILE ABOUT!

Now that the holiday season is over, we are all making our New Year's resolutions, so why not make your smile a part of your resolution! Keeping your smile is easy so start today!

1. Brush your teeth at least 2 times a day for 2 minutes. Brushing will ensure you properly remove plaque before it hardens to calculus (tartar).
2. Use toothpaste with fluoride. Fluoride can be taken up by your teeth to make it more resistant to cavities.
3. Change your toothbrush every 3 to 6 months to ensure that it will continue to adequately remove all the plaque on your teeth!
4. Floss. Flossing is just as important as brushing as it is the only way to remove plaque from areas where your toothbrush can't reach, like in between your teeth.
5. Use a mouthwash. Antimicrobial mouthwashes can help control plaque and bacteria in addition to freshening your breath.
6. Eat healthy. Good nutrition will not only help with your waistline but is important in maintaining a healthy mouth.
7. Bad breath can be attributed to a number of reasons including cavities, unhealthy gums and poor nutrition. Try not to leave problems unattended.
8. Children need something to smile about too! Use a small soft bristled brush and only a pea sized amount of fluoridated toothpaste.
9. Visit your dentist for routine checkups - the easiest way to prevent problems before it is too late. Professional cleanings and checkups are the best way to make sure your gums and teeth stay healthy.
10. Remember: Healthy teeth and gums make a healthy smile!

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Big spender in the big apple
Katie Holmes has reportedly been using her stay in New York to help boost the U.S. economy. Holmes, who has been performing in All My Sons on Broadway, has spent approximately $19.6 million since coming to the Big Apple six months ago, according to the National Enquirer. METRO NEWS SERVICES

Entertainment

Celeb twins
Rebecca Romijn and husband Jerry O'Connell have welcomed twin girls, Howard Stern announced on his Sirius radio show yesterday morning.
USMAGAZINE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Scientology teachings help overcome dyslexia: Cruise

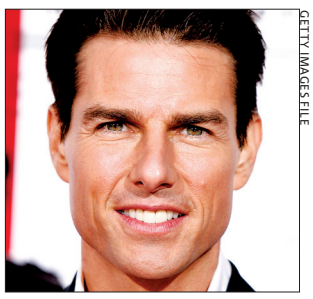
Tom Cruise said in an interview published Sunday that Scientology teachings helped him overcome childhood dyslexia.

Cruise was quoted by Spanish magazine XL Semanal as saying he was diagnosed with the learning disability when he was seven years old.

Cruise said he was often anxious, frustrated and bored as a youth and couldn't concentrate in class, the magazine reported on its website Sunday.

The magazine quoted Cruise as saying he was functionally illiterate when he graduated from school in 1980, but learned to read perfectly as an adult through Scientology technology.

XL Semanal said the interview was conducted in Los Angeles, but did not say when. A transcript of Cruise's original comments in English was not available.


GETTY IMAGES FILE
Tom Cruise

The Church of Scientology was established in 1945 by science-fiction writer Ron Hubbard, and claims 10 million members around the world.

Cruise and fellow actor John Travolta are among its more famed followers.
THE ASSOCIATED PRESS

'Seizure' caused death

An official with a Bahamian funeral home says Jett Travolta's death certificate says he was killed by a "seizure."

Glen Campbell is assistant director of the funeral home handling the remains of John Travolta's 16-year-old son.

He tells The Associated Press that the body is in "great condition" and shows no sign of head trauma, despite police officials who said the teen may have hit his head on a bathtub.

Authorities performed an autopsy earlier today but didn't release the results.

Campbell says the death certificate is based on the autopsy findings. He gave no information on the cause of death beyond the word "seizure."

Jett Travolta's body is now at the Grand Bahama airport en route for burial in Ocala, Fla., where the family owns a home, said Obie Wilchcombe, a family friend and member of the Bahamian parliament.

ASSOCIATED PRESS/ROGERS & COWAN
Actor John Travolta, second left, poses with daughter Ella Bleu, left, wife Kelly Preston, right, and son Jett in an undated family photo.

Earlier in the day, Bahamian Minister of Health Hubert Minnis said the autopsy was finished, but declined to comment on what may have caused the death of Jett, who had a history of seizures and was found unconscious in a bathroom Friday at a family vacation home.

For the latest on this story, visit metronews.ca/entertainment

Travolta, 54, and wife Kelly Preston, 46, have said that Jett became very sick when he was two years old and was diagnosed with Kawasaki Syndrome, an illness that leads to inflamed blood vessels in young children.

Preston has blamed household cleaners and fertilizers and said that a detoxification program based on teachings from the Church of Scientology helped improve his health, according to People magazine.

A police statement said that Jett had not been seen since Thursday when a caretaker, Jeff Kathrain, found him unconscious late Friday morning.
THE ASSOCIATED PRESS

Jackmans brings owl to life

Hugh Jackman will voice an owl in a new movie. The star will reportedly voice a character in animated film Guardians Of Ga'Hoole. FEMALEFIRST.CO.UK

The new year in film

Superheroes and superstars to hit the big screen in 2009

The following are the Torstar News Service's picks for some of the most interesting films scheduled for release this year.

PHOTO COURTESY OF WARNER BROS. PICTURES

Patrick Wilson as Nite Owl II, Malin Akerman as Silk Spectre II and Jackie Earle Haley as Rorschach in a scene from Warner Bros. Pictures' and Paramount Pictures' action/sci-fi film Watchmen.

POLYTECHNIQUE (FEB. 6): A drama to dread as much as to anticipate, dealing with a horrific chapter of Canadian history still fresh in many minds: The Montreal Massacre of Dec. 6, 1989, when 14 women were killed, and 10 women and four men injured, by deranged gunman Marc Lépine at the École Polytechnique.

WATCHMEN (MARCH 6): Lauded as the best and also the grimmest graphic novel ever published, Alan Moore's serialized tale of Cold War superheroes is set to reach the big screen after numerous setbacks.

Directed by Zack Snyder, whose 300 was certainly graphic, it's set in a mid-1980s America where vigilante superheroes fight crime, conspiracies and their own mixed emotions, all while the nuclear "Doomsday Clock" ticks towards Armageddon between the U.S. and Russia.

MONSTERS VS. ALIENS (MARCH 27): DreamWorks Animation vows to come out swinging with reborn and revised 3-D technology in 2009, and the leadoff batter is this comedy of Earth freaks versus outer-space geeks. Directed by Rob Letterman (Shark Tale) and Conrad Vernon (Shrek 2), the film is loaded with inside jokes guaranteed to twirl the beanie propellers of sci-fi fans.

STAR TREK (MAY 8): Will this reboot of the Star Trek film franchise blandly go where so many instalments have gone before? The premise of starting the whole damn thing over, right back to rocket class when Spock first met Kirk, has blockbuster chops and the ability to cross the TV-cinema divide with director J.J. Abrams.

PUBLIC ENEMIES (JULY 1): Michael Mann's movies are always interesting, even when they don't completely work, and how could he miss with both the pirate Johnny Depp and the Batman Christian Bale in his corner? Depp plays gangster John Dillinger to Bale's G-man Melvin Purvis in this adaptation of Bryan Burrough's book Public Enemies: America's Greatest Crime Wave and the Birth of the FBI, 1933-34.

INGLOURIOUS BASTERDS (AUG. 21): Quentin Tarantino is determined to annoy newspaper copy editors (and nitpicking readers) with that deliberately misspelled title. It's a double-barrelled story about a team of prisoner-soldiers sent to open a can of whup-ass on a band of Nazis, while a Jewish woman seeks to avenge the deaths of her parents caused by the same swastika scum. The story reteams Troy stars Brad Pitt and Diane Kruger, with a cameo by Mike Myers.

JENNIFER'S BODY (SEPT. 18): Was Juno a one-off for Oscar-winning screenwriter Diablo Cody? We'll find out when her smartass brand of comedy takes a horrific turn with this yarn about a Minnesota cheerleader (Transformers' Megan Fox) who becomes demon-possessed and dangerously attractive to local farm lads.

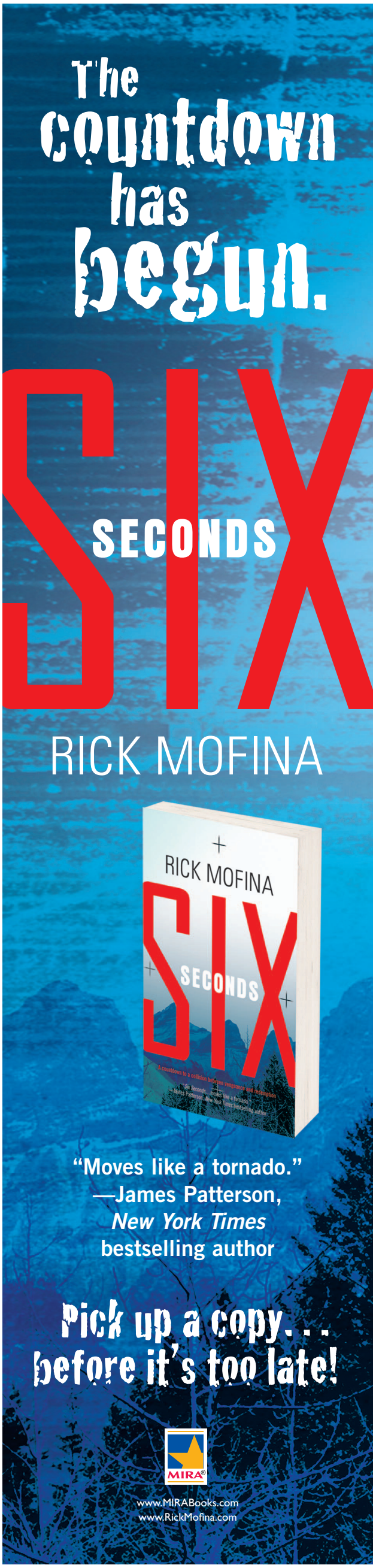
AMELIA (OCT. 23): Female heroes don't often get their due, so this biopic about the late, great flying ace Amelia Earhart is long overdue. There have been only a handful of previous film and TV treatments of the daredevil pilot whose 1937 disappearance during a globe-circling flight still fuels many a conspiracy theory. Hilary Swank stars in the title role, a casting choice that looks ideal on paper and Mira Nair (Monsoon Wedding) directs.

THE FANTASTIC MR. FOX (NOV. 6): This is Wes Anderson's first animated film, a stop-motion one at that. It's based on a Roald Dahl children's classic about a wily fox seeking to outwit three brainless farmers. Check out the voice artists: George Clooney as Mr. Fox, Cate Blanchett as Mrs. Fox, Bill Murray as Mr. Badger and other characters played by Meryl Streep and Anjelica Huston.

THE WOLF MAN (NOV. 6): The world doesn't need another horror picture, but who can resist Benicio Del Toro as El Gran Lobo himself? It's directed by Joe Johnston, who showed much promise with Hidalgo and October Sky, and it also stars Anthony Hopkins, Hugo Weaving and Emily Blunt. It's an original story, taking it right back to the bearded basics on the soggy moors of Victorian England.

SHERLOCK HOLMES (NOV. 20): This has every chance of being a ripping good yarn if Guy Ritchie can reign in his usual Blighty triteness. Here again casting is key: a revived Robert Downey Jr. as Holmes, Jude Law as Watson and Rachel McAdams as the love interest.

AVATAR (DEC. 18): Canuck-born writer/director James Cameron had better have something good up his sleeve with this sci-fi saga, which has been in the works so long it was beginning to look like his big boat blockbuster would be his feature film swan song. Sigourney Weaver, Michelle Rodriguez, Sam Worthington and Zoe Saldana star in this outer-space survival epic. TORSTAR NEWS SERVICE



K-Fed's new gig
Kevin Federline is looking into a new line of work. Britney Spears's former backup dancer and ex-husband is reportedly set to launch a line of children's clothing called Otzi, according to People magazine. METRO NEWS SERVICES

Resident Evil 5 is among the major games to be released in 2009.

Let the 2009 games begin

Here are the key releases to look for this year

Most gamers spend the early part of the year catching up on software they couldn't get around to during the holiday glut. Maybe you've been meaning to check out Fallout 3 or Fable II, or dig in and finish up that LittleBigPlanet level you've been working on.

Take your time. You still have more than a month until the first major game of 2009, Warner's F.E.A.R. 2: Project Origin, drops. After that, the deluge. Here are some key games to look for this year:

Resident Evil 5 (Capcom, for the Xbox 360, PlayStation 3): Chris Redfield, hero of the original RE, goes to Africa to find the source of an infection that has wiped out most of the human race.

Brutal Legend (Electronic Arts, 360, PS3): Jack Black provides the voice of Eddie Riggs, a roadie who dreams of being a rock god, in this adventure from Psychonauts mastermind Tim Schafer.

Harmonix's Beatles game (MTV, systems unknown): The creators of Rock Band are building this rhythm game based on the Fab Four's career. Meanwhile, Guitar Hero fans will learn how much abuse their fingers can take with a Metallica edition (most systems).

Grand Theft Auto: Chinatown Wars (Rockstar, DS): Return to Liberty City in the first GTA title for Nintendo's handheld. Also due soon: The Lost and Damned, a downloadable new chapter for 2008's GTA IV.

Infamous (Sony, PS3): Sucker Punch, the studio behind the delightful Sly Cooper series, lets you try on the leotard of an electricity-powered superhero — or is he a supervillain?

Prototype (Sierra, 360, PS3): Alex, the amnesiac protagonist here, not only has superpowers, but can also change shapes and take on his enemies' powers. Will he use them for good or eee-vil?

Champions Online (Cryptic, 360) and **DC Universe Online (Sony, PS3):** You'll be able to build superheroes from scratch in both of these massively multiplayer virtual worlds.

Alpha Protocol (Sega, 360, PS3): Neverwinter Nights 2 developer Obsidian updates the role-playing game, substituting sword-and-sorcery with the cloak-and-dagger of modern-day espionage.

Heavy Rain (Sony, PS3): Fans of the disturbing Indigo Prophecy can look forward to being creeped out again by this thriller from France's Quantic Dream.

MadWorld (Sega, Wii) and **Bayonetta (Sega, 360, PS3):** Platinum Games, the studio behind this pair, was formed by veterans of the cult classic Okami. So you know they'll be stylish, and MadWorld promises to be the goriest Wii game yet.

Of course, there are plenty more sequels in the pipeline, including Killzone 2 and God of War III (Sony, PS3), Halo Wars and Halo 3: ODST (Microsoft, 360), Street Fighter IV (Capcom, 360, PS3) and Pokemon Platinum (Nintendo, DS).

THE ASSOCIATED PRESS

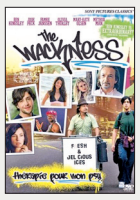
High-def TVs to stream Netflix videos in U.S.

MOVIES Netflix Inc. has come up with another way to get movies to people without sending DVDs in the mail. In a partnership announced yesterday, LG Electronics will start selling high-definition TV sets in the U.S. that stream Netflix videos directly from the internet, without an additional device. The deal marks the first time Netflix's streaming service will be embedded in a television. Netflix is best known for its online DVD rental service.

THE ASSOCIATED PRESS

DVD picks

The Wackness
Director: Jonathan Levine
Rating: 18A



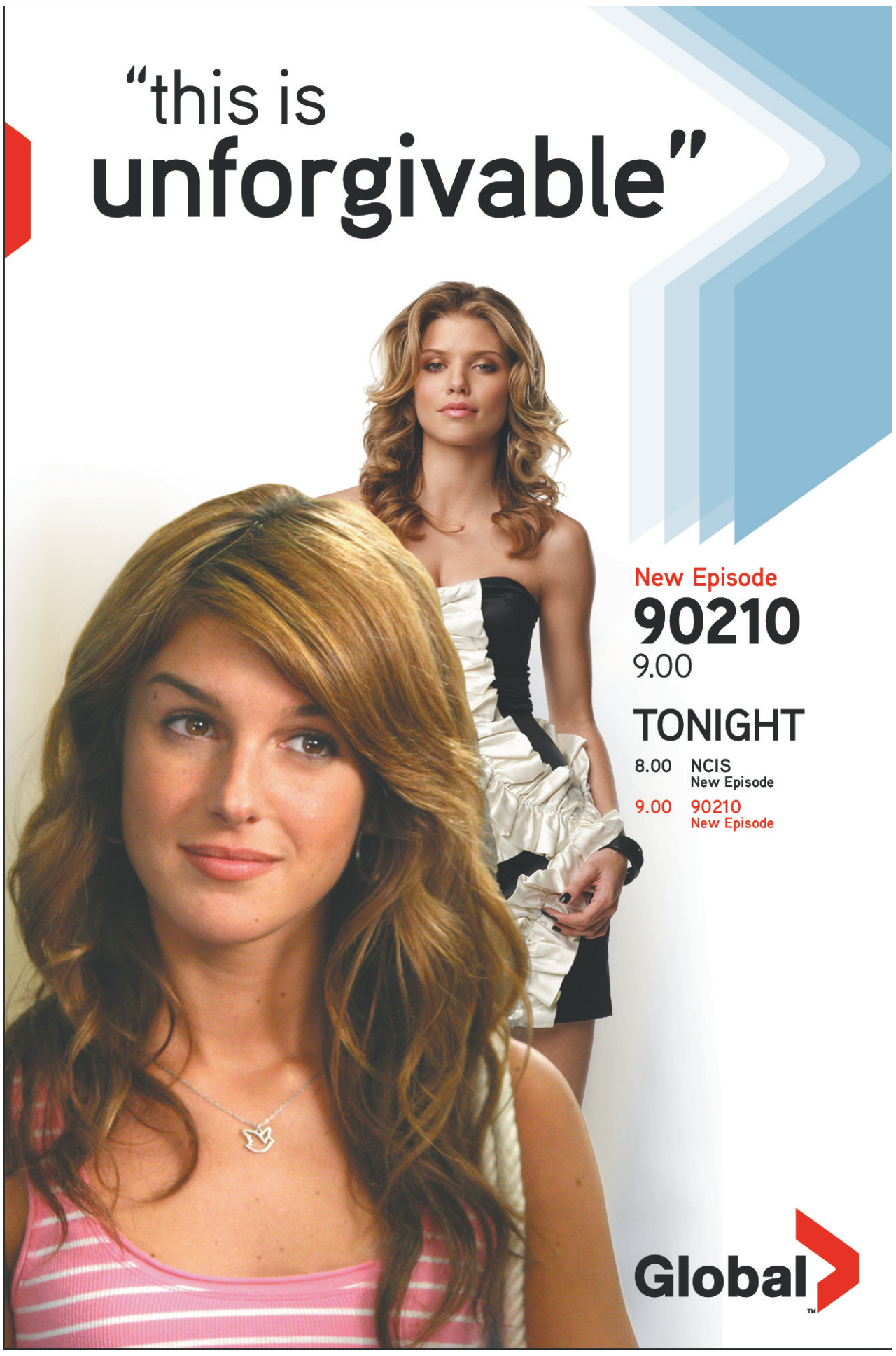
LIKE JAMES FRANCO'S character in Pineapple Express, Josh Peck plays a drug dealer in The Wackness, a film far gentler and more insightful than its surface glibness implies. But Peck's Luke is nowhere near as mellow as Franco's Saul.

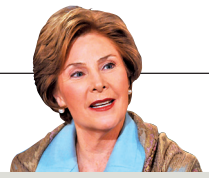
It's the summer of 1994, an era pointed to by the title slang in which things that are bad are "wack" and things that are good are "dope" (not to be confused with the herb, although that's here, too).

Things are wack for Luke even though he's making major coin selling dope from an ice cream cart on the broiling streets of New York.

"Do you ever feel kind of like a f–k up?" he asks his shrink Dr. Squires (Ben Kingsley), who has every reason to answer in the affirmative. Dr. Squires is having his own life issues. His wife Kristin (Famke Janssen) despises him and his stepdaughter Stephanie (Olivia Thirlby) treats him with contempt. The doc tries to medicate his problems away by smoking the weed Josh obligingly gives him as payment for psychiatric sessions.

The Wackness is almost too quirky to be believed, and this Sundance sensation frequently treads towards the squishy ground of contrived characters with dialogue. But director-screenwriter Jonathan Levine has learned a trick or two since his first feature, All the Boys Love Mandy Lane, heading soon to a DVD delete bin near you. TORSTAR NEWS SERVICE





Bush to pen book
First Lady Laura Bush has sealed a deal with Scribner to publish a memoir that will encompass her recollections of personal and historical moments, including her eight years in the White House. METRO NEWS SERVICES

Dark Knight gets Producers Guild nod

AWARDS The Batman blockbuster The Dark Knight is among the films competing for best-picture honours from the Producers Guild of America.

Other best-picture nominees yesterday: The Curious Case of Benjamin Button, Frost/Nixon, Milk and Slumdog Millionaire.

The nominees for best animated feature are Bolt, Kung Fu Panda and WALL-E.

Contenders for TV comedy are Curb Your Enthusiasm, Entourage, The Office, 30 Rock and Weeds. The TV drama nominees are Boston Legal, Damages, Dexter, Lost and Mad Men.

Winners will be announced at a Jan. 24 ceremony in Hollywood.

THE ASSOCIATED PRESS

Heath Ledger as The Joker in The Dark Knight.

Oscar winner twirls onto stage for first dance role

Juliette Binoche hesitates and then breaks into a shy smile when she's asked how she enjoyed dancing in the production of In-I, which opens in Montreal today.

NELSON WYATT/THE CANADIAN PRESS

Oscar-winning French actress Juliette Binoche and British choreographer-dancer Akram Khan.

"I don't know if I can call it dance but I can definitely call it exploration through movement," she says amid the machine-gun-like clicking of photographers' camera shutters during a news conference yesterday.

In-I, the modern-dance story of how two lovers discover each other, is a step outside usual comfort zones for Binoche and her co-creator, renowned British choreographer-dancer Akram Khan.

Binoche, who won a supporting actress Oscar for 1997's The English Patient, doesn't usually dance. In-I, which premiered in London last year, is the first time she's done it on stage.

"I've been working on the emotional world and I was interested to expand it into movement — how far would it go, how do I express some hidden part of myself through movement," the 44-year-old French actress said.

"I'm not a trained dancer at all and there was no way I could recuperate 20 years of missing dance," she noted, so the pair had to find a way to work with their "common passion for art" and develop a way to communicate on stage.

"Akram had to let go of some of his tools as a choreographer and dancer. As well, I had to let go of some of my fears of, like, bending — as simple as that."

THE CANADIAN PRESS

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Funeral held for Roddenberry widow

Friends, family and fans bid a final farewell Sunday to actress Majel Barrett Roddenberry, 76, the widow of Star Trek creator Gene Roddenberry and an actress who played Nurse Christine Chapel in the original 1966-69 TV series. METRO NEWS SERVICES

Wild Roses serves up wealth, passion and a dash of '80s cheese

Alberta oil money fuels family saga

It's easy to draw parallels between the new CBC-TV drama Wild Roses and those '80s nighttime soaps Dallas and Dynasty, admits star and veteran performer Gary Hudson.

It treads similar ground — the exploits of outrageously rich families and their no-holds-barred clamour for wealth, power and love. And Hudson should know, since he was there when those iconic serials were common on the dial.

"I did those shows — I did Dynasty for a season, and I did guest on Dallas so it is like that," says Hudson, who played football player Skip Maitland on Dynasty in 1987.

On television

- Wild Roses debuts tonight at 9 p.m. on CBC-TV.

"But the difference is that those shows, we always shot on sound stages, we were on sound stages and they did exteriors. Our show, we're on location, we're in Calgary, which is incredibly beautiful. Dallas is a great city but Calgary just has its own unique beauty and the hills and the mountains and the lakes and the weather and the sky is so big."

The distinctly Albertan production features sweeping vistas of Calgary's booming downtown and countryside, with a good dose of ego clashes and sex thrown in, too, of course.

The series centres on the Henry family and their struggle to keep their beloved ranch, River Cross, out of the greedy hands of an oil exploration company run by Hudson's character, David McGregor.

Complicating matters are the romantic ties that link the Henry women to the McGregor sons, and the contentious circumstances under which the Henrys obtained the ranch in the first place.

It's a fairly physical show for Michelle Harrison, who portrays the eldest daughter Kate Henry, a headstrong tomboy who runs River Cross after the death of her father, the beloved ranch hand who inherited the property from McGregor's father.

None of the actors knew much about horses much when they shot the pilot last summer, Harrison admits, but that changed quickly as they underwent intensive saddle sessions.

From left, Sarah Power, Kim Huffman and Michelle Harrison are cast members on Wild Roses, CBC's new oil-money drama.

"When we first shot that pilot we didn't really ride much and we learned," says Harrison, whose character is seen riding bareback and barrel racing at a rodeo.

"We learned fast. And we worked really hard because we wanted to look authentic, like we'd grown up on a ranch, so I think at this point it's pretty believable. I feel very comfortable on a horse. We actually miss our horses when we're not there with them," says Harrison, who hails from the town of Puyallup, Wash., just south of Seattle.

Much of the drama within the Henry family comes by way of prodigal daughter Lucy Henry, the wannabe rock star who returns to the homestead after chasing fame in Calgary. She represents the slick, urban side of Alberta that is little seen in the rest of Canada, says actress Sarah Power, who is from St. John's, N.L., and jokes that half of Newfoundland has moved to the western province.

Although her character provides a good dose of the pilot episode's sex, drugs and rock 'n' roll, Power says the raunchy series never strays beyond the believable.

"It never feels over the top," she says of the storylines. "It's always based in realism and the writing is realistic. It's just that crazy things happen. But crazy things happen in life."

THE CANADIAN PRESS

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Batman actor Hingle dies at 84

MOVIES Pat Hingle, a veteran actor whose career included a recurring role as Commissioner Gordon in several Batman movies in the 1990s, has died. He was 84. A family friend said Hingle died at his home in Carolina Beach, N.C. on Saturday, and that he had battled multiple health problems in recent years. His career in movies and television spanned six decades, and he was nominated for a Tony Award in 1958. THE ASSOCIATED PRESS

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TO		Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/6/09	primetime	265	353	2	TVO Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street		Judah & Mohammad		Agenda-Paikin
		211	331	3	GTV ET Canada	Entertainment	NCIS "Caged" (N)		90210 (HDTV) (N)		Kitchen Nightmares		News (N)
		215	343	4	OMN1 Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6	CBC Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses "Pilot" (N)		CBC News: The National		The Hour
		214	344	7	CITY Law & Order: SVU		Privileged (HDTV) (N)		Scrubs	Scrubs	Primetime: What Would		News (N)
		212	313	8	CTV etalk	Hollywood	Fringe "Power Hungry"		(9:01) Fringe		Law & Order: SVU		News (N)
		218	345	11	E! The Insider (N)	E! News	The Biggest Loser One contestant has a health scare.				Ruby		News (N)
		137	763	13	TFO Le Printemps des Voyageurs		Évolution Les grand idées.		*Le Chat* ★★★ (1971, Drame) Jean Gabin.			Folie-aventure	Dans le secret
		-	-	14	- Cold Case "The River"		News (N)		News (N)		Two/Half Men	King	Cold Case
		213	326	15	SUN Scrubs	George Lopez	*How Stella Got Her Groove Back* ★★ (1998), Taye Diggs				To Serve and Protect		Becker
		-	387	16	CBS Inside Edition	Hollywood	NCIS "Caged" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		News (N)
		-	385	17	NBC The Insider (N)	Entertainment	The Biggest Loser One contestant has a health scare.				Law & Order: SVU		News (N)
		-	386	18	ABC Wheel-Fortune	Jeopardy! (N)	Homeland Security USA		Scrubs	Scrubs	Primetime: What Would		News
		219	346	20	ACH-B Instant Star	TMZ (N)	Cold Case		Law & Order		(10:01) Without a Trace (N)		News (N)
		-	-	28	FOX Judge Judy (N)	Two/Half Men	House "Lucky Thirteen"		(9:01) Fringe		Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS News-Lehrer	Keeping Up	Nova (DVS)		Frontline (N) (DVS)		Petroapocalypse Now?		Business Rpt.
		297	652	330	WPX Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
		298	653	332	TLA Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210 (N)
	news	502	390	26	NW CBC News	Newman	The Hour		CBC News: The National		My Big Fat Diet		National
		500	500	33	CNN Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB CNBC Reports (HDTV)				Harvard Business		The Big Idea With Deutsch		Mad Money
	sports	405	417	22	net Hockeycentral	World Combat	World Combat League		Best Damn Sports Show		Sportsnet Connected		Hockey Central
		400	400	30	TSN That's Hockey!	NHL Hockey Florida Panthers at Toronto Maple Leafs. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
		411	457	58	OLN Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter	Dakar Rally	Survivorman
		417	406	81	SC Pinks (HDTV)	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pinks
	family	551	542	25	YTV Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
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		556	540	51	FAM Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	cable variety	602	567	27	W Will & Grace	Friends	Extreme Skinny Celebrities		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
		570	580	29	MM Degrassi: Next	Instant Star	Gone Wild	Gone Wild	Video on Trial	Video on Trial	Degrassi: Next	Instant Star	MuchTopTens
		615	520	31	A&E CSI: Miami "Addiction"		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	The Rookies
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		571	581	36	MMM mmmtop	Where You At	Popaganda		Listed		Celebrity Wrestling		Tommy Lee
		575	583	38	CMT Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
		616	521	39	SHO The Outer Limits		Mutant X		Testees	Trailer Park	House "Mirror Mirror"		House
		620	523	40	BVO Desperate Housewives		Live at the Rehearsal Hall		Altered by Elvis		Diana Krall: Union Station		Law & Order
		601	562	41	SLC Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
		522	506	43	HIS NCIS "Hiatus"		Ultimate Engineering		Ax Men		NCIS "Hiatus"		Re-Inventors
		625	548	44	COM Air Farce	Just for Laughs		Corner Gal	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		600	564	46	H&G House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		294	529	47	TBS House-Payne	House-Payne	*Executive Decision* ★★★ (1996, Action) Kurt Russell, Halle Berry.					Seinfeld	Family Guy
		576	582	49	BET 106 & Park: BET's Top 10 Live		*Two Can Play That Game* ★ (2001, Romance-Comedy)				Keyshia Cole	Keyshia Cole	Judge Hatchett
		627	528	50	SPC Lost "The Brig"		Lost		The Dresden Files		Destination Truth "Yeti"		Stargate SG-1
		581	566	52	MTV Mom & Dad	After	MTV News	Cribs	A Double Shot of Love		A Double Shot of Love		MTV Live
		618	524	54	TROP Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		603	561	56	FOOD Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
		261	394	60	V Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap (Part 1 of 2)		CBC News: the fifth estate		Poltergeist
		621	527	63	STR The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Off the Leash	The Tonight Show-Jay Leno		TMZ
		553	546	65	TRE Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby
		115	711	101	TVA Les Gags	Histoires-filles	La Fièvre de la danse (SC)		La Promesse (SC)		TVA 22 heures	*L'Homme au masque de fer*	
		126	730	102	RDI 24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		526	507	249	VIVA Judging Amy		Lost in Austen		The West Wing		Encounters	In Dreams	Psychic Inv.
		300	601	301	M1 (7:15) *He Was a Quiet Man* (2007, Drama)				*The Other Boleyn Girl* ★★ (2008, Historical Drama)				*Flawless*
		305	612	306	PIX *Repulsion*	*The Best Bad Thing* (1998, Drama)			*Hedwig and the Angry Inch* ★★ (2001)			(10:40) *Owning Mahowny*	

critics' corner

Wild Roses
Set in Alberta, this soapy new prime-time drama tells the story of two families feuding over a ranch. David McGregor is the oil executive with his eyes on the property, called Rivercross. He's also got an eye for Maggie Henry, a member of the clan that's called the land home for generations. 9 PM on CBC

The Biggest Loser
Who can diet best? The answer is determined among the contestants in this unscripted series, which returns tonight for a new season. Each team has a trainer to implement fitness and nutrition regimens and see them through the various challenges. Alison Sweeney hosts. 8 PM on E! NBC

Altered by Elvis
There's more to some Elvis fans than just making a yearly pilgrimage to Graceland. This 2006 documentary from directors Tiffany and Jayce Bartok follows the lives of those who are still feeling the effects of having loved or hated the King — including the guy who styled the deceased Elvis' hair prior to burial. 9 PM on BVO

Winehouse house of fashion?
Amy Winehouse is becoming a fashion designer, reports London newspaper The Sun. The singer has apparently been bragging that she is already in negotiations with Fred Perry, saying she has already sketched some designs for them. METRO NEWS SERVICES

Celebrity Buzz

Uncle Benji dishes about new niece

PEOPLE Harlow Winter Kate Madden won't be a year old until Jan. 11, but her uncle, Benji Madden, already has a warning for potential suitors, people.com reports.

"I'm going to be keeping a close eye on her," Madden, 29, told People about the daughter of twin brother Joel Madden and his girlfriend Nicole Richie, 27. "I'll leave the shotgun right by the door."

People says the Good Charlotte guitarist is thrilled with the way Harlow's parents have been raising her so far. "When they had her, their instincts just kind of came out, and it's amazing to see," he said. "They just really put their child above everything."

METRO NEWS SERVICES

Celebrity scares on New Year's Eve

SCARE Kate Hudson and Mariah Carey spent New Year's Eve amidst bomb threats, femalefirst.co.uk is reporting. Four homemade bombs were planted around celebrity retreats in Aspen, Colo., according to The New York Post.

Goldie Hawn, Nick Cannon and Jack Nicholson are also said to have been in the area, reports the website, adding a local businessman is suspected of planting the bombs.

METRO NEWS SERVICES

Kate pregnant?

GETTY IMAGES PHOTOS

BABY Kate Moss is reportedly pregnant, according to femalefirst.co.uk

The supermodel — who has a six-year-old daughter, Lila Grace, with ex-boyfriend Jefferson Hack — fuelled rumours she is expecting a baby after she was seen clutching her stomach while on holiday in Thailand with partner Jamie Hince, the gossip website reports.

A source said: "Even though she had a cigarette in her hand, Kate definitely looks as though she's expecting.

"She was walking with Jamie and Lila but kept putting one hand on her stomach — you could clearly see she has a bump there, even though she was wearing a baggy top."

Friends were expecting the 34-year-old British beauty to announce her pregnancy last month when she and Jamie threw a party at her Cotswalds home, the website says.

Prior to the bash, a source close to Kate — who is rumoured to have given up drinking — said: "Kate has been on the phone to all her friends and her assistant has been on the case to her family.

"Kate has had a few big nights out recently but she has been behaving more than usual. Even Simon Cowell said she had a bit of a tummy when she went to watch his show The X Factor."

However, the bash passed with no major announcement, the website reports.

METRO NEWS SERVICES

Pete fights paranoia

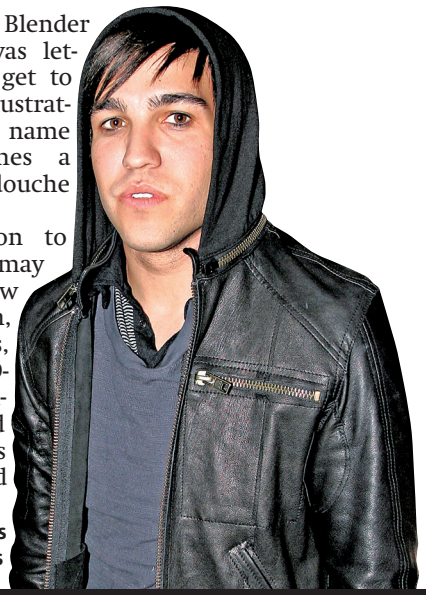
PEOPLE Pete Wentz is always paranoid, according to femalefirst.co.uk. The Fall Out Boy rocker struggles to control his anxiety and says medication no longer helps his problem, the website reports, adding that he admitted: "I'm paranoid pretty much all the time. I can take three Xanax and not feel a thing."

Pete — whose wife Ashlee Simpson gave birth to their first child, son Bronx Mowgli, in November — also revealed he has stopped reading about himself online because the barrage of criticism gets him down.

He added to Blender magazine: "I was letting the blogs get to me. It's semi-frustrating when your name actually becomes a synonym for douche bag."

Pete's decision to avoid blogs may help with his new year's resolution, the website says, adding the 29-year-old musician has vowed to control his language around his family.

METRO NEWS SERVICES



Gwyneth on new year's detox plan

HEALTH Gwyneth Paltrow has embarked upon a post-Christmas detox, femalefirst.co.uk reports. The actress is taking drastic measures to shift the excess pounds she gained over the festive period.

According to reports, banned substances in Gwyneth's post-holiday diet include: dairy, gluten, meat, shellfish, all processed food, fatty nuts, potatoes and other related vegetables, condiments, sugar, alcohol, caffeine or fizzy drinks.

METRO NEWS SERVICES

Tara 'doing well': Source

PEOPLE Tara Reid checked into rehab last month and is getting her life back together with the help of her family, a source tells people.com

"She's doing well. The whole family is very positive about this being the new beginning for her," says the source, who is close to the family.

Reid decided to check herself in to Promises Treatment Centre, and though she's been in treatment less than a month, her family and friends are optimistic about her future, People reports. "They are taking steps to do everything they can to help Tara keep on the right track," adds the source, who says Reid is expected to check out of the centre shortly.

METRO NEWS SERVICES

Say no to drive-thru Vegas weddings, Carmen says

ADVICE After a couple of failed marriages under her belt, Carmen Electra feels comfortable dishing out a smart suggestion, people.com reports.

"My advice to anyone is to not get married in Vegas," she told People. "Do not get married at the drive-thru in Vegas, especially. Take your time — enjoy it!"

Electra, 36, adds: "It's important to think out marriage in general because it's a huge commitment. Besides that, I hate to say it, but it's a lot of paperwork and a lot of emotions. It can be difficult."

METRO NEWS SERVICES

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Orlando $39 — Travel Jan 16 - Jan 23/ts + taxes & fees $224
Las Vegas $99 — Travel Jan 15 - Jan 18/wg + taxes & fees $207
London $189 — Travel Jan 28 - Feb 5/ts + taxes & fees $408
Costa Rica $195 — Travel Jan 12 - Jan 19/5g + taxes & fees $198
Vancouver $294 — Travel Jan 19 - Jan 26/ws + taxes & fees $110

All-inclusive Holidays

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Varadero 4-Star $497 — *Oasis Varadero 1920* + taxes & fees $199
INCLUDES roundtrip airfare, transfers and 7 nights all-inclusive accom. Departs Jan 9/nol/ts.

Punta Cana 4-Star $528 — *VIK Arena Blanca* + taxes & fees $308
INCLUDES roundtrip airfare, transfers and 7 nights all-inclusive accom. Departs Jan 10/vat/ts.

Mayan Riviera 4-Star $597 — *Ocean Maya* + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights all-inclusive accom. Departs Jan 9/nol/ts.

Holidays

Las Vegas 4 Nights $185 — *Circus Circus* + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Jan 11/swg/wg. UPGRADE to 4-star Luxor from $13 per night. UPGRADE to 5-star Mirage from $28 per night.

California Fly & Drive $499 + taxes & fees $249
INCLUDES airfare to San Francisco, return from Los Angeles and 7-day car rental with unlimited mileage to discover the Golden Coast. Departs Jan 21/inf/ac.

Walt Disney World Resort Family Holiday $549* — *Disney's Pop Century* + taxes & fees $209
INCLUDES roundtrip airfare, transfers, 7 nights accom and 7-day *Magic Your Way* Base Ticket. Travel Feb 3/inf/wg.

Cruise Holiday

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Norwegian Sun + taxes & fees $285
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Saturday Night gift for Mother Swift
Taylor Swift is giving her mother a birthday gift she'll remember: A performance on Saturday Night Live. The country crooner, 19, has announced on her MySpace blog that she'll sing on the NBC show on Jan. 10. **USMAGAZINE.COM**

Celebrity Buzz

Simpson joins the Cowboys family

PEOPLE She's not engaged to Tony Romo, but Jessica Simpson is officially a part of the Dallas Cowboys family, usmagazine.com reports.

She appears in the 2008 Cowboys Family Cookbook, presented by "the wives of the Dallas Cowboys" ($25, www.happyhillfarm.org).

On page 127, Simpson and Romo share their favourite family recipes for a "banana breakfast fruit smoothies" and "no-fat broccoli and cherry tomatoes."

The two also show off their funny sides in the book's biographical section, with Simpson listing her occupation as "hairdresser" and Romo stating that he's a "fence builder."

Romo — who lists U2, Coldplay and AC/DC as among the artists on his iPod — also reveals that his favorite food is "chicken enchiladas."

His life philosophy? "Every passing moment is another chance to turn it all around!"

METRO NEWS SERVICES

The Hef to give away ex

RELATIONSHIP Hugh Hefner's ex-girlfriend is getting married at the Playboy Mansion, femalefirst.co.uk reports.

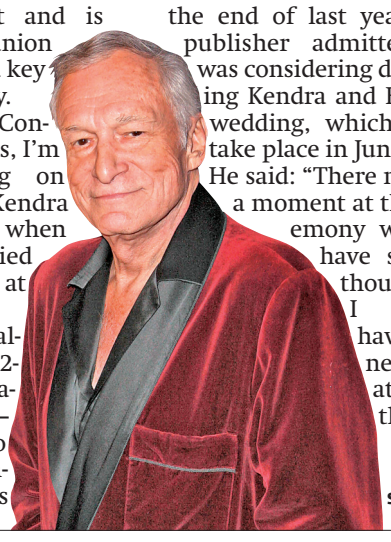
The website says the ageing lothario has denied reports he does not approve of Kendra Wilkinson's relationship with footballer Hank Baskett and is hosting the union and will play a key role on the day.

He said: "Contrary to reports, I'm still planning on walking Kendra down the aisle when she gets married this summer at the Mansion."

However, although the 82-year-old magazine mogul — who has also split from another of his live-in girlfriends Holly Madison, who is now dating magician Criss Angel — has given his blessing to the new relationships, the men will not appear alongside the former Playmates in the next series of reality show Girls Next Door.

The website adds that at the end of last year, the publisher admitted he was considering disrupting Kendra and Hugh's wedding, which is to take place in June.

He said: "There may be a moment at the ceremony when I have second thoughts ... I may have to negotiate this."



METRO NEWS SERVICES

Marriage takes work: Cox

ADVICE Courtney Cox admits that she and husband David Arquette have had to work hard at their relationship, femalefirst.co.uk reports.

The couple will celebrate their 10th wedding anniversary this year, and say that the secret to their marriage's success is supporting one another.

The former Friends star met Arquette when they worked together on the horror film Scream in 1996, and are still "so in love."

Cox told Marie Claire magazine: "I'm so in love with David right now. I'm really appreciating how 'there' he is for me. But, in any relationship, there are times that you're disconnected. You can see how relationships end if you don't work through it."

METRO NEWS SERVICES

ScarJo eager to age as actress

CAREER Scarlett Johansson enjoys working with Woody Allen because he doesn't care about her age, femalefirst.co.uk reports.

The 24-year-old star — who has collaborated with the director on three movies, Vicky Cristina Barcelona, Scoop and Match Point — is looking forward to getting older because she believes she will get offered more interesting parts, but says working with Woody has already given her experiences she didn't expect to have at her age.

She explained: "I hope to work with him again. I would do his craft service, really. I feel like we work very well together, because we're very comfortable with each other. Because we're friends, and we challenge each other.

"I'm in a strange kind of age group. But I'm looking very much forward to growing older in this industry, probably contrary to popular belief.

"I feel like there's a lot of opportunity for women that are a bit older than me.

"A lot of the actors that I really admire are probably ten or 15 years older than me, and just have wonderful opportunities."

METRO NEWS SERVICES

Recession 'horrible but healthy,' Lagerfeld says

FASHION The impending recession isn't worrying Karl Lagerfeld, the Chanel designer sees it as cleaning up the world, femalefrist.co.uk reports.

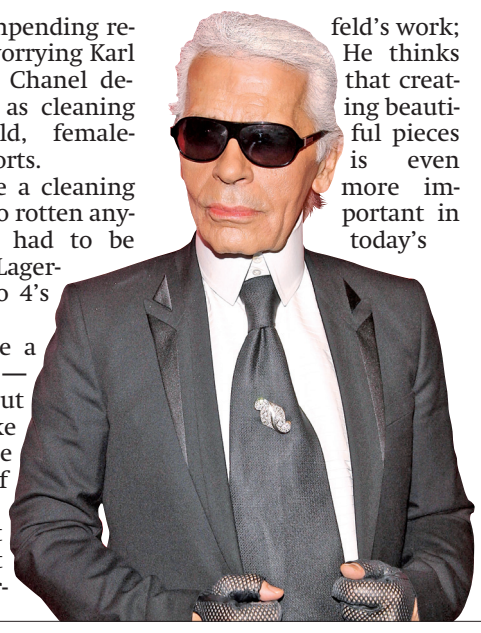
"I see it like a cleaning up — it was too rotten anyway — so it had to be cleaned up," Lagerfeld told Radio 4's The Today.

"I see it like a healthy thing — horrible but healthy, like some miracle treatment of the world."

The credit crunch won't hinder Lagerfeld's work; He thinks that creating beautiful pieces is even more important in today's gloomy climate.

"People have different kinds of dreams. After all, people need a handbag, there are cheaper handbags. But if you can buy a beautiful one and if that's your dream to buy, why not? I can be interested in a $20 million diamond I will never buy, without desiring the diamond. If you want only things you can afford, it's boring.

"It's great to see things you may not buy — because you don't have the money — but it is very ugly to think they shouldn't exist because you can not buy them."



METRO NEWS SERVICES

Hewitt splits from fiancé

BREAKUP Jennifer Love Hewitt and her fiancé Ross McCall have called it quits, people.com is reporting.

"They broke up over the holidays and have ended their engagement," a source close to the couple told the magazine. "They're both really sad about this. Even their friends are surprised; they seemed really happy. Everyone just wants the best for both of them."

Reps for both Hewitt and McCall had no immediate comment.

The Ghost Whisperer star, 29, got engaged to the Scottish actor, 32, in November 2007 after dating for two years.

While the couple hadn't announced a date, in October Hewitt told People her svelte new look was prompted not by those infamous 2007 bikini pictures — and the ensuing controversy over body image after she took to her blog to defend herself — but by her upcoming nuptials.

"I'm getting ready to turn 30 and get married and all those things," Hewitt said. "This year was my year to try to glow from within and feel better."

McCall, who co-starred in the 2001 HBO miniseries Band of Brothers and stars in the Starz drama Crash, appeared in one episode of Hewitt's hit show Ghost Whisperer, in 2006.

METRO NEWS SERVICES

Allen and Hajduk welcome baby

BABY Tim Allen and his wife Jane Hajduk are expecting their first child together, people.com is reporting.

The actor's rep, Marleah Leslie, tells People the couple is "ecstatic." The baby is due in the spring.

The pair got married in October 2006 in an outdoor ceremony in Grand Lake, Colo. Allen, 55, has a teenage daughter, Katherine, from his previous marriage to college sweetheart Laura Deibel. METRO NEWS SERVICES

Oldman ties knot for fourth time

PEOPLE Dark Knight star Gary Oldman has wed for the fourth time, usmagazine.com reports.

The actor, 50, and jazz singer Alexandra Edenborough, 31, tied the knot at a secret ceremony in Santa Barbara, Calif., London's Daily Telegraph reports.

Oldman was previously married to former model Donya Fiorentino, and actresses Uma Thurman and Lesley Manville.

METRO NEWS SERVICES

David and Nicole a couple?

RELATIONSHIP Eonline.com is reporting that Nicollette Sheridan and David Spade are a couple, noting the two had dinner together at Sushisamba in the Palazzo in Las Vegas.

"Although there wasn't major PDA, they definitely were affectionate throughout their meal," a source reportedly told the website.

METRO NEWS SERVICES

The Weather Network 20 YEARS
©The Weather Network 2008

Today Variable -3° / -5°
Wednesday Light snow 80% 1° / -6°
Thursday Cloudy -3° / -7°

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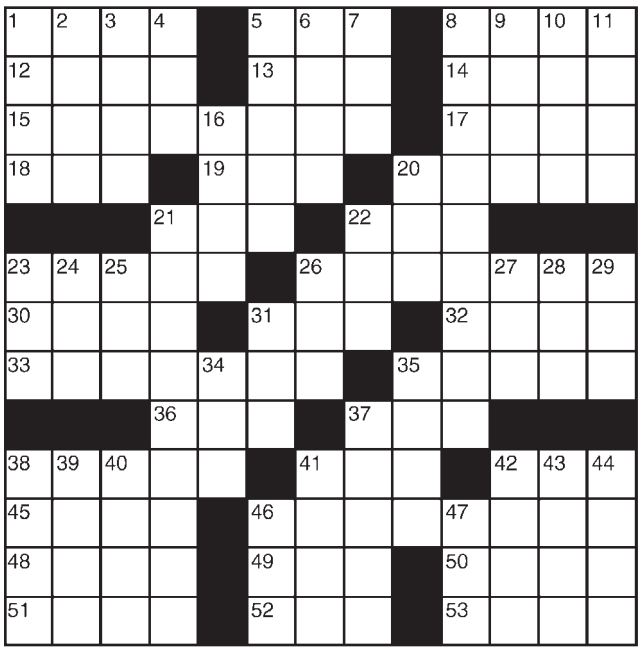
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



Crossword across

1 Candle circler
5 Hot tub
8 Sunbeams
12 Land measure
13 It may be faux
14 Curved molding
15 St. Patrick's Day symbol
17 Just adorable
18 Plaything
19 Anger
20 Wool quantity
21 Barracks bed
22 Victory
23 Trivial
26 Takes for a time
30 State
31 Tibetan critter
32 Reed instrument
33 Inhabitant
35 Michigan city
36 2004 horror movie
37 Zero
38 Pointed
41 Tuna container
42 "Indubitably"
45 — contendere
46 Saturday Evening Post cover artist
48 Oil-cartel acronym
49 Ford or Lincoln
50 Additionally
51 It lasts for days
52 Hearty brew
53 Merriment

Crossword down

1 Sail support
2 Siete + uno
3 Salver
4 Height of fashion?
5 Recreational activity
6 Wear a rut in the rug
7 Request
8 Elvis' genre
9 Malaria symptom
10 Bigfoot's cousin
11 No longer hidden
16 Urban disturbance
20 Knight's address
21 Voice of Marty the Zebra in Madagascar
22 Moo goo gai pan pan
23 Young fellow
24 "— Got a Secret"
25 Army rank (Abbr.)
26 Proscribe
27 Sapporo sash
28 Money of North Korea
29 Collection
31 Evergreen variety
34 Use a ray gun
35 Stoolie
37 Mother-of-pearl
38 Frosty's makeup
39 Crosby crony
40 Sheltered
41 Brat's stocking stuffer
42 Holler
43 Differently
44 — gin fizz
46 Nipper's co.
47 Move back and forth

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		3			8	4	
			1	6			5	
1								
	2	8	9		6			7
	7						6	
5			8		4	2	1	
								3
	1			5	3			
	4	3			2		7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	2	6	7	5	4	3	9	1
4	7	9	2	3	1	5	8	6
1	3	5	9	6	8	2	4	7
6	9	7	1	8	3	4	2	5
3	1	2	5	4	7	8	6	9
5	4	8	6	2	9	7	1	3
7	8	3	4	9	6	1	5	2
9	5	1	8	7	2	6	3	4
2	6	4	3	1	5	9	7	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Vegetable Primavera

INGREDIENTS:

1/2 lb (230 g) baby carrots
5 1/2 oz (155 g) baby corn cobs
1/2 lb (230 g) young fine green beans
Salt and black pepper
1/2 lb (230 g) baby or small zucchinis
A small handful of fresh parsley
14 oz (400 g) fresh ricotta and spinach tortellini
1 tbsp (15 ml) olive oil
1/2 lemon
1 tbsp (15 ml) wholegrain mustard

METHOD:

1. Put a large saucepan of water and a kettle on to boil. Preheat oven to low.
2. Rinse and trim carrots, corn and beans, and cut into short lengths. Plunge vegetables into saucepan of boiling water, add salt, bring back to boil, then simmer for 4–5 minutes, until slightly crisp.
3. Meanwhile, rinse and trim zucchinis. Cut baby zucchinis in half lengthwise, small ones into slices, and set aside. Rinse, dry and chop parsley.
4. Lift cooked vegetables from boiling water with a slotted spoon, put into bowl and keep warm in the oven. Bring water back to boil, topping up with more from kettle if necessary. Add pasta and boil gently for 5–6 minutes.
5. Meanwhile, heat olive oil in large saucepan, add zucchinis and fry, stirring continuously, for 2–3 minutes.
6. Squeeze lemon juice into zucchinis, then add drained vegetables, mustard and salt and pepper to taste. Toss gently.
7. Drain pasta and mix into vegetables. Turn onto warmed serving dish, sprinkle parsley and serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A boss is defeated by a fanatical person. Be more than eager to praise others. Make a fresh start with an unfortunate opponent.

TAURUS
APRIL 21-MAY 21
Gloomy thoughts will melt away. A woman lets you in on a secret. A tardy guy will stand his ground.

GEMINI
MAY 22-JUNE 21
Don't rely on anyone who lacks good timing. Time will heal all, after a promise is broken. You'll endure overwhelming emotions.

CANCER
JUNE 22-JULY 22
You'll want to talk about hope. A lover's moodiness creates a crisis. Your tactfulness is necessary with a self-indulgent woman.

LEO
JULY 23-AUG 23
You'll have a conversation with a laughing man. Special treatment will make you happy. Pay heed to a coward's request.

VIRGO
AUG 24-SEPT 22
Watch out for crooks. Don't be humble when you get the right idea. Respect will be given when you stand firm.

LIBRA
SEPT 23-OCT 23
Your delicate hopes for love will thrive. Don't thoughtlessly shut out someone who cares. Break down obstacles with your exceptional ideas.

SCORPIO
OCT 24-NOV 22
There will be a pep talk about love. A whiner demands more freedom. A miserable guy needs to find a job.

SAGITTARIUS
NOV 23-DEC 21
You'll find sanctuary from a radical situation. See the wonderful opportunities all around. Now is the time to make a serious move.

CAPRICORN
DEC 22-JAN 20
Somebody's disdainful words will cause incredulity. Guide yourself away from unhealthy diet plans. Don't postpone a medical check-up.

AQUARIUS
JAN 21-FEB 18
A cherished wish finally comes true. Anything is possible if your mind is alert. A woman's chattiness will cause revelations.

PISCES
FEB 19-MARCH 20
Something very special will happen. Prepare for a reaction to your procrastination. Passing the buck will lead to despair.

WORDY GURDY®

BY TRICKY RICKY KANE

1. Is able to extend across, as a bridge (1)
2. Touch Achilles' vulnerable foot part (1)
3. Concealed a tentacled sea creature (1)
4. Which gash? (1)
5. Composer Gustav's U.S. currency (2)
6. Fair-haired woman's wizard sticks (1)
7. Great frightener of one who proves a claim (4)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1-6-09

ANSWERS
1. CAN SPAN 2. FEEL HEEL 3. HID SQUID 4. WHAT CUT
5. MAILERS DOLLARS 6. BLONDES WANDS 7. VERIFIER TERRIFIER

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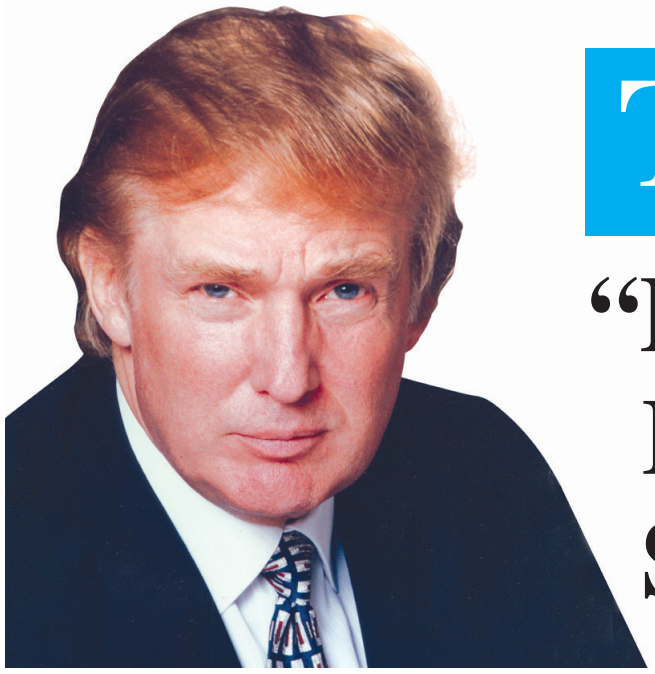
TICO

An Open Letter From Donald Trump To All Toronto Area Residents

Who Want To Get Rich In Real Estate & Business!



Trump Tells All!

"I've Made Billions And Now I want To Share My Success Secrets With You!"

– Donald Trump,
Executive Producer, The Apprentice, NBC • Chairman, Trump Institute

Dear Toronto Area Resident,

Have you seen my TV show, *The Apprentice*? It's been one of the top rated shows on NBC for eight consecutive seasons!

Not only that, it has made me a media phenomenon and forever changed my life.

And now, at the age of 60, I've decided to make a bold move to share my knowledge and experience in such a way that it could be a great advantage to you.

What Kind Of Advantage?

The best kind of advantage; the kind of advantage that could make you money and make you rich.

If you are seriously interested in hearing what I have to say about being successful, about making money and about getting rich, please read every word of this letter carefully. It contains an invitation for you to discover what has taken me the better part of my life to learn and put into action.

Please let me explain.

Before *The Apprentice,* I was famous for building the world's largest and most beautiful buildings, golf courses and casinos, and for being a marketing whiz when it comes to succeeding in business. Everywhere I went people treated me like royalty and I was generally considered a big shot.

Everything Has Changed!

Because of *The Apprentice,* everything has changed. I have truly become a household word, globally. Everywhere I go people say something to me. Sometimes they say, "Trump, you're fired!" Or, "You're hired!" But always, they greet me with respect, humor and friendship. It's like they know me personally.

I love that!

With this monumental fame there comes a great responsibility (and an enormous opportunity) to make a huge contribution to the North American economy.

Something Extraordinary For You!

Since the amazing success of *The Apprentice,* I have been wondering what to do with this new power of worldwide fame. Recently I got the idea to do something truly extraordinary and totally outside of the box.

What I've decided is that I want to train and educate the next generation of real estate moguls and business entrepreneurs. Why?

There are two very good reasons:

Reason #1:

America's been very good to me and my family and this is a great way I can give back to the country and help stimulate real economic growth.

Reason #2:

I believe that what I have to share will create so much success for my students, that I will leave a legacy as being the father of modern real estate acquisition and entrepreneurial success.

You see, one thing you should know about me is that more than anything, I want to be known as a great businessman, maybe even the greatest!

That's why I have created Trump Institute.

Want To Know How I Do It?

Would you like to know how I buy and sell real estate? How I pick properties for huge profits and high yield equity gains?

Would you like to know what I look for when buying a business or starting a new business? If so, I'm inviting you to come to a special seminar introducing Trump Institute. At this seminar you'll see first hand the type of education I am offering.

Who Should Attend?

If you're asking yourself, "could this be the moment that changes everything for me?" All I can say is, you'll never know unless you try.

Your Success Depends On You!

Ultimately, your success depends on you, and with my help, you can get an education and an advantage that has not only proven to work for me, but it has also worked for many of the world's richest men and women.

You see, in my quest to be the best, I have sought the advice and guidance from people who have also experienced mega-billionaire success. I have incorporated their techniques and experiences into my own personal treasure chest of successful business and real estate knowledge, strategies, and wisdom.

A Powerful Team of Experts!

I also have an incredible team of business entrepreneurs and real estate mavens (very talented experts), who deliver my material and my lessons.

These are men and women who are highly successful professionals in business and real estate. They speak from my lips to your ears and they back it up with experience, knowledge and wisdom. I wouldn't put my name on it any other way.

Money-Making Skills

Through this seminar you'll learn practical money-making advice about how to be successful in business and how I invest in real estate.

Here's just a sample of what you'll learn:

- **You are going to learn the Trump Way to get cash back when you BUY a property.**
- Learn the Trump Way to get other people to jump-start your business.
- **The Trump Way to find great deals in the hidden markets others don't know about.**
- The Trump Way to finance your business without putting up your house or risking personal liability.
- **The Trump Way to build YOUR real estate empire property by property**
- You will discover the Trump Way to make piles of cash.
- **You will learn the Trump Way to get the government to buy your product and rent your properties.**
- You'll see the Trump Way to negotiate with bankers—and win big!
- **The Trump Way to be your own boss—forever.**
- The Trump Way to build your retirement account quickly and live the lifestyle of your dreams.
- **The Trump Way to stop paying high taxes.**
- The Trump Way to build your Power Team—the right way.
- **The Trump Way to structure your business organization for maximum profit and protection.**
- The Trump Way to make terrific deals on real estate in a buyers OR sellers market.

If you're serious about winning in business or catching the world's greatest wave of real estate profits, come to this introductory seminar. There are more opportunities in business and real estate in the **Toronto** area than ever before.

This Is Your Invitation

It is for this reason that I am making an absolutely irresistible invitation for you to attend my Trump Institute Introductory Seminar.

It's FREE!

Here's the deal: Admission is FREE, but you must call and make a reservation.

Sincerely,

Donald J. Trump

P.S. When I said I was going to give you my best deal, I wasn't kidding! See below!

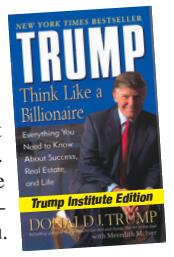
P.P.S. My Best Deal!

My Best Selling Book

FREE!

As a special bonus for all seminar attendees, I am offering free, a special edition copy of my best selling book:

Think Like A Billionaire!



This is a fantastic business and real estate book and has been a best-seller in book stores around the country.

You'll receive this book FREE, with my compliments and best wishes, at the end of the seminar. There are several days to choose from and several locations available. Look for a location near you. Call today! Thank you.

Call Today 1-800-601-8287 or Go To www.trumpwn.com

For Reservations To This Trump Institute Introductory Seminar.

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- **SAT., JAN. 10TH**
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  DoubleTree International Plaza Hotel Toronto Airport
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  (Corner of Dixon & Kelfield Rd.)

- **SUN., JAN. 11TH**
  9:00am or 3:00pm
  Delta Chelsea Hotel
  33 Gerrard Street West
  Toronto, ON M5G 1Z4
  (Yonge & Gerrard St. W.)

- **MON., JAN. 12TH**
  1:00pm or 7:00pm
  Holiday Inn Hotel & Suites Markham
  7095 Woodbine Avenue
  Markham, ON L3R 1A3
  (Corner of Woodbine & Steeles Ave.)

- **TUE., JAN. 13TH**
  1:00pm or 7:00pm
  Crowne Plaza Toronto Don Valley
  1250 Eglinton Avenue East.
  Toronto, ON M3C 1J3
  (Don Valley Prkwy. to the Wyndford Dr. exit)

(Additional materials will be offered for sale at this Introductory Conference.)

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